

Qi Gong Classes at Dutchess Yoga!

Dutchess Yoga Studio

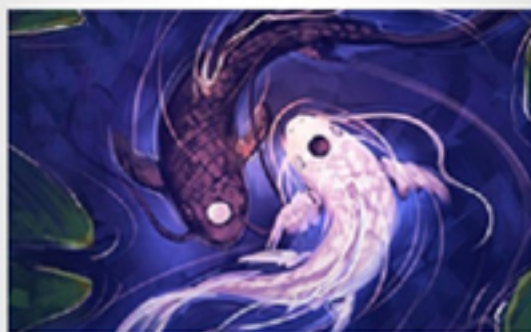
1575 Route 376

Lynn Building at the corner of All Angels Hills Road

Wappingers Falls, NY 12590

sashso2011@gmail.com

845-902-8206



Join us in mindful breath, posture and intention, as we move in simple ways, that have a holistic powerful effect upon centering and cultivating
Mind—Body—Spirit

Starting - Friday - November 2nd at 10 am

Lorraine Hughes—Certified Qi Gong Instructor
www.EmpoweredByNature.net

Class Fee: \$15.00