

This Summer with Spring Lake Recreation

FLOWING QIGONG & TAI CHI

Mondays & Wednesdays 9:00am

Potter's Park on Warren Street May 15-29th, June 21-Aug 2
Spring Lake Train Station May 31-June 19th, Aug 5 thru Fall

Come join us
for some easy and enjoyable
moving meditation.

No previous experience necessary

Improve your well-being
and feel the
vitality and relaxation of this
beautiful ancient art.

Certified Instructor:
Melinda Applegate

