

Flying Crane Qigong

(Age 18+)

4 Weeks

At the DeTurk Round Barn (819 Donahue St)

Utilize movement, breath and visualization to train one's energy or Qi. This qigong class can be done sitting or standing and will increase flexibility, balance and stamina. Participants will become acquainted with select acupuncture points for self healing and other qigong exercises.

Min 8 Max 20

Instructor: Aleta Drummond MD – is a practicing Psychiatrist and Medical Acupuncturist. She has over 20 years as a practitioner of yang style Tai Chi and other various Qigong forms.

Class Fee: \$56 (Santa Rosa Residents \$46)

Registration available immediately for:

(4 weeks) 62890 DeTurk Round Barn 18+ Wed 1/18-2/8 10:00-11:30am

Registration begins February 9th:

(4 weeks) 62898 DeTurk Round Barn 18+ Wed 2/22-3/14 10:00-11:30am

(4 weeks) 62899 DeTurk Round Barn 18+ Wed 3/21-4/18 10:00-11:30am

(4 weeks) 62900 DeTurk Round Barn 18+ Wed 5/2-5/23 10:00-11:30am

(4 weeks) 62901 DeTurk Round Barn 18+ Wed 6/6-6/27 10:00-11:30am

To register call 543-3737 or log on to santarosarec.com