

Qigong

● Energy Movement/Meditation Class

Reduce Stress, Improve Your Health. Simply, Easily
In a Fun and Relaxing Atmosphere.

Register
Now!

Qigong can help you to:
Maintain better health
Increase Longevity
Create balance and focus



Saturdays, October 1st - December 10th
No class on October 22nd

Level I Foundation class for new students
10am - 11am
Cost: \$250.00 (10 weeks)

Level II Foundation Class for continuing students
11am - 12pm
Cost: \$250.00 (10 weeks)

Repeat students receive a
\$75.00 discount per class

New Jersey Center for Healthy Living
292 Bloomfield Avenue
Montclair, New Jersey 07042

To register call
973-744-7774

Instructed by Master Healer, Joey Raines
For more information www.masteraines.com

