

Meditation in Motion

Melt Away Stress

Restore Balance

Relieve Worries

Achieve Inner Peace



***Feel renewed
and revitalized***

*Enjoy a Relaxing Hour of Meditation in Motion
Utilizing Low Impact Elements of
Qigong and Tai Chi*

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Wednesdays 12:00 noon - 1:00 p.m.

April 19th - June 28th

(No Class on April 26th)

St. Monica Church

13623 Rockside Rd. - Garfield Hts. OH 44125

To register, call: (216) 662-8685 x120

Instructed by Bob Soeder

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ALL ARE WELCOME!