

# Qi - Gong Classes



1288 W. River Road  
Tucson, AZ 85704

Qi Gong practice provides health benefits by opening all of the major meridians of the body, and it facilitates the cultivation, flow and balance of chi

(Qi). Master Tam's teachings consists of 5 separate sets of movements that build body integrity and increase the strength and flexibility of almost all of the body's joints and tendons.

**When :** **Every Tuesday**

**Time :** **5:00PM - 6:30PM**

**Location :** **Tucson Chinese Cultural Center**

**Cost :** **\$15.00 (Non-Member)**  
**\$10.00 (Member)**

*(Please Pay at Front Desk)*

**For More Information Contact: (520) 292-6900**