Mindful Qigong Group

Qigong (and it's most popular moving form, Tai Chi) is an ancient practice in a new category of exercise called "moving meditation"

Meditation is one of the four fundamental components of Qigong along with movement/posture, self-massage, and breathing.

In this Mindful Qigong group, you will learn how to:

• settle the mind and be at ease with your thoughts
• calm intense emotions
• calm anxiety
• improve your sleep
• Improve focus
• manage stress and frustration

Zephyr Self-Help Center
1075 E. Santa Clara Street
San José, CA 95116
1 408-792-2140
www.sccbhsd.org/zephyr

Tuesdays
10:00 a.m. – 11:00 a.m.

Wednesdays
9:30 a.m. - 10:30 a.m.