



# QIGONG MOVEMENTS



## Friday Eve 3.22.24

### 6:30 - 8:30pm @ Vitalize Studio



Join **Sifu Toni Lock** (ChiMoments.com) for Qigong movements while having the magic of sound inspired by **Curtis Forbush** (The Mystic Playground).

And, then we'll settle in for the evening with a 45-minute Sound Bath led by Curtis.



## Join us to nurture your seeds within.

**We will move intentions through our body with Qigong, and ground them into Mother Earth with a Sound Bath.**

# Qigong & Sound Bath

\$40 per person  
@ Vitalize Studio  
3474 S 2300 East #12

**MORE DETAILS & TICKETS**  
[ChiMoments.com/events](https://ChiMoments.com/events)

