

# TUESDAY MORNING

# 9:30 AM

Weekly Classes @ Vitalize Community Studio

# Qigong

with Sifu Toni

**Qigong pronounced (chee gung) means energy cultivation. This class is a mind-body moving meditation that combines gentle, flowing movements with stretching, conscious breathing, and self-massage.**

- Improve your posture and balance
- Release emotional stress
- Decrease physical pain
- Increase your energy and sleep better
- Build your immunity system

New students—your first class is \$11 / Drop-in class \$17 / Purchase 5 classes \$70

Pay via Venmo @ Toni-Lock or cash

Questions? Text 801/971.7537

**NO EXPERIENCE NECESSARY. EVERYONE IS WELCOME**  
**PRE-REGISTRATION NOT NECESSARY, SIMPLY SHOW UP!**

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**Vitalize**

COMMUNITY STUDIO

YOUR HOME FOR UNFOLDING

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