Enhance your **Health** and **Female wisdom** with Chi Kung

Benefits

- Menopausal transition
- Fertility
- Uterine Fibroids
- Pre-menstrual Syndrome
- Balances your nervous system
- Clears energy blockages
- Enhances longevity
- Develops a strong center
- Improves Breast Health
- Assists your body's innate healing powers

What is Chi Kung?

Chi Kung is an ancient Chinese *health care system* that integrates physical postures, breathing techniques and focused intention.

Jade Woman is a Chi Kung form that increases blood flow and circulation in the pelvic area, our most creative center. It serves as a bridge to connect our potential in life with the illuminating sun of our Hearts, so that we feel empowered to manifest our dreams in our daily life.

Group Classes: Thursdays 10am to 11:30am.
New cycle starts October 20th.

Classes are by appointment only and are held in **Culver City downtown**.
For more information and to sign up, please call **310-280-0438**
or follow this link to my website.