



Qigong

(chee-gung)

Meaning "energy skill"

It's almost Summer, and we're coming into another season of our twice a week Qigong practice.

- Qigong is a gentle ancient healing movement exercise.
- A consistent Qigong practice can restore energy, strength, and balance.
- Qigong can be practiced either sitting or standing.

Come join us at the Rabun County Library outside patio.

Meetings are on Saturday and Tuesday mornings, 9 AM until about 10 AM
Starting Saturday, May 28th until October 20th

What do you need?

- As we will be outside, you might need a sun hat and a long sleeve cotton shirt, or sunscreen to protect your skin from the sun.
- An open mind and a great sense of fun!



April Smith has been practicing Qigong since 2012 and will be this year's Qigong facilitator. April has enjoyed bringing her personal practice to the community before.

She is a member of the NQA (National Qigong Association) as a practitioner.

April also studies meditation and other forms of energy therapies and is available for private consultation upon request.