



# Gentle Yoga & Qigong

***Mondays at 5:30 pm***

Qigong is a system of movement and meditation for purifying, gathering, and refining your internal life-force energy. These self-healing practices are less strenuous than yoga and easier to learn than tai chi. Class will begin with gentle yoga practice.

Instructor Megan Harding became a Kripalu-certified yoga teacher in 1997 and has studied qigong with Ken Cohen, Roger Jahnke, and Master Yang Yang.

The class is ongoing and suitable for individuals of all ages and levels of experience. Passes are \$9.50 per session when purchased 10 at a time. The first class is free.

**[www.solaluna.com](http://www.solaluna.com) / 440-774-9642**  
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