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Inner peace 9775 TAI CHI QIGONG 9775 Bagua 9775 (Georgia)

Location **Georgia**
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The practice of Qi Gong includes gentle breathing exercises and flowing movements which strengthen the immune system and promote good health. Qi Gong exercises are suitable for people of all ages and levels of fitness.

We teach elements of Shaolin and Wudang Qigong practice.

FREE introductory lesson

"Inner peace is here if you seek it. But most people are content to suffer as they are. It`s perverse, but true." ~ Anon

Qigong ~ Taijiquan ~ Baguazhang ~ Meditation ~ Taoist Yoga

Alpharetta, GA 30022

http://wingchunchineseboxing.webs/

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