

# Qi Gong for Health

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**Transform stress into Vital Energy**

**PRIVATE SESSIONS**

**GROUP SESSIONS**

**WORKSHOPS**



**WITH**

**CHERIE BODENSTAB**

**GUIDING PEOPLE**

**TOWARDS GREATER**

**WELLNESS FROM WITHIN.**

**CERTIFIED INSTRUCTOR**

**OF QI GONG, ENERGY  
HEALING**



**Experience slow and gentle yet powerful movement practices that recharge your body and mind.**

**Enhance your internal energy with Qi Gong.**

**Cultivate Greater Strength, Balance and Structural Alignment, Flexibility**

- **Reduce Stress and Tension**
- **Activate more Life Force Energy**
- **Open Blockages and Balance the Chakras**

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**Qigong Classes, Starting 12/19/2017**

**Tuesday and Thursdays**

9am-10am

8:15pm-9:15pm

**Please call or email to sign up for class**

**Space is limited.**

**Location:**

Kaya Retreats, Inc.

Healing and Wellness Center

4710 S. Western Avenue

Los Angeles, CA 9006

**Telephone:** 1-323-815-4954

**Email:** [info@kayaretreats.com](mailto:info@kayaretreats.com)

<http://www.kayaretreats.com/contact-us>