



Qigong

A class to cultivate and balance your life force.

Join Dr. Laura Varga February 6th Wednesday 6:30PM -7:30PM at Just Breathe Wellness Studio in Juno Beach for an introductory Qigong class! There are many different forms of qigong to energize your endocrine system potentially slowing and reversing the aging process, nourish your musculoskeletal system to provide more flexibility and balance, and transform your physical-emotional-mental health to name just a few of its benefits! Dr. Laura Varga is certified by The Ling Gui International Healing Qigong School.

Investment \$15

Email Dr. Varga at dr.lauravarga@gmail.com to register or for further questions



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