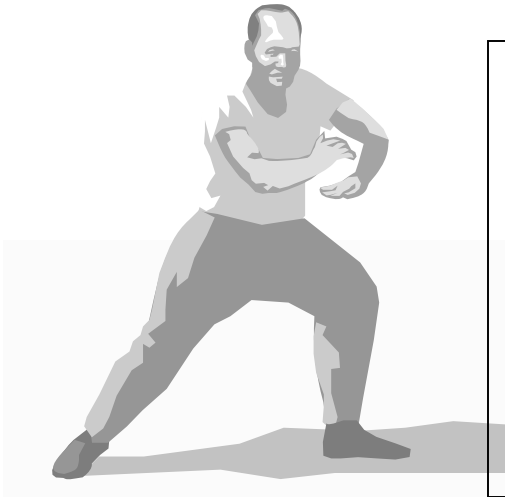


CHI KUNG



Free

WEDNESDAYS

1 p.m. – 2 p.m.

DOWNTOWN SENIOR CENTER

560 Pleasant Street

New Bedford, MA 02740

508.991.6255

Exercise that consists of sitting meditation and gentle physical movements that emphasize a calm mind, relaxed body and regular respiration.

For all abilities.



WHAT IS CHI KUNG?

"Chi Kung" (pronounced "Chee Gung" and often spelled "Qi Gong") is a Chinese term that covers a wide spectrum of energy cultivations.

"Chi" means any invisible, powerful energy, and "Kung" is the power and achievement that comes from years of constant practice. Any energy cultivation that involves the coordination of your mind intent, breathing and postures (moving and still) is a "Chi Kung".

Parking is available at the Zeiterion Parking Garage for only 25 cents an hour with a validated ticket stub. Participate in any activity or receive services at the Downtown Senior Center, and the staff person will validate your Zeiterion Parking stub.

Call the Senior Center for details.