



PRESENTS:

QIGONG

(A BROADER FORM OF T'AI CHI)

VIRTUAL PROGRAMMING

Who: Open to individuals of all ages who are blind or visually impaired.

What: Qigong is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises.

Guest Instructor: Trace Turville Konerko of Heartmind T'ai Chi in Portland, OR

Where: Virtual via Zoom

When: Wednesday, February 10, 2021
Wednesday, March 10, 2021

Time: 12:00 pm to 1:00 pm

Registration is due 2 days in advance of the virtual program.

To register, please call or email

The programs team

360-448-7254 Extension 2

ProgramsTeam@nwaba.org

<https://nwaba.org/virtualevents/>