

CARROLL COUNTY PARKS AND RECREATION DEPARTMENT
PRESENTS

TAIJI QIGONG WORKSHOP 2

When: Saturday, February 13, 2010

Time: 11:00 a.m. – 12:00 p.m.

Where: Oak Mountain Park
1790 Stripling Chapel Road
Carrollton, GA
Room #3

Who: Everyone is welcome, but geared toward Adults

Cost: FREE

What is this? It is a Chinese exercise system that balances the energy in the body, a series of slow, relaxed movements that will nourish and circulate energy in the body while quieting the mind, leaving you feeling refreshed and relaxed.

We would like to begin weekly classes if we can get enough interest. So come out and give this a try, you WILL enjoy it.

This workshop will be conducted by Al S. Desphy, who is a practitioner and teacher for 20 years.

If you are interested or want more information, please call and register at 770-830-7110 or email me at lbarrett@carrollcountyga.com

