

YOGA LOKA

34 Bridge Street, 2nd floor Frenchtown, NJ 08825
908-268-7430 www.Yoga-Loka.com

QI GONG with

Paul Sher

Improve your health and lessen stress with Yang Sheng Shu,
an ancient Chinese Qi Gong mild exercise.
Included in this workshop are three
systems plus a short meditation.

Paul will introduce this ancient
chinese movement technique
designed to increase your chi and
eliminate disease. Paul has studied
Oriental healing and martial arts
since 1966. He holds several high
ranking belts in a variety of martial
arts systems. He is also the founder
of the Asian Cultural Arts Society



2 Saturday sessions,
February 21st and
March 28th
12:00 noon-2:00 pm

\$25 per class
Both classes \$40

Registration is required by 2/18 for the
February session and 3/18 for the
March session

Name:

Phone Number:

Email Address:

Mailing Address

Please send a check for Qi Gong made out to Yoga Loka.

Registration fees are non-refundable. Yoga Loka reserves the right to cancel workshops at any time. All fees will be returned if a workshop is cancelled.

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