

# Breathe Deep !



## *join us for a livestream Qigong workshop* *Tuesday May 12, 5:00 – 5:45pm*

Discover the rejuvenation and relaxation of healthful breathing.

In this livestream workshop, we'll use traditional *qigong* techniques that follow the **Lung meridian** that connects from the chest to the hand, and the **microcosmic breathing circuit** that connects the Ren and Du channels on the front and back of the body.

Join certified Tai Chi & Qigong instructor Joe Pandolfo, who'll lead us through the techniques and movements in an easy-to-follow style.

This workshop will be live-streamed on Zoom, and is appropriate for beginners and all levels.

- Download the free ZOOM app at: <https://zoom.us/download>
- Link to Zoom Meeting at: <https://us02web.zoom.us/j/83557389796?pwd=czQxSzcvVnUwenVaTXhHcHJPTGtQUT09>
- Password: 615862. Meeting ID: 835-5738-9796.

*(Join with "Computer Audio". The host will pre-set your video & microphone to 'off', and open all mics for Q&A time)*

**Suggested sliding scale: \$8 - \$15**

Questions about the workshop? email Joe at [joeptaichi@gmail.com](mailto:joeptaichi@gmail.com)

