

# Breathe Deep !



## join us for a livestream Qigong workshop Tues May 26<sup>th</sup>, 5:00 – 5:45pm

In this livestream workshop, we'll use traditional qigong techniques that activate 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.

The 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 meeting at: <https://us02web.zoom.us/j/88030612235?pwd=U3Z6OVh5RU9VQkNHTm0welgxOG80QT09>
- Password: 588451. Meeting ID: 880 3061 2235.

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

This workshop is offered free of charge.

If you'd like to make a contribution, a suggested range is \$8 - \$12, and your contribution can be made to:

Venmo: [www.venmo.com/joeptaichi](http://www.venmo.com/joeptaichi)

PayPal: [www.paypal.me/joeptaichi](http://www.paypal.me/joeptaichi)

Check written & mailed to: Joseph Pandolfo Tai Chi & Qigong, 183 Perry Hill Rd. Ashford CT 06278

*If COVID19 shutdowns have affected your income, please join us anyhow and contribute whatever you're comfortable with!*

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

