



DR PEA'S WELLNESS SERIES:

HEALING CHI GONG

NEW SERIES BEGINS MARCH 2ND

MONDAYS 7 – 8:15 PM

CHI GONG IS AN ANCIENT SELF HEALING PRACTICE FROM ASIA. LEARN SIMPLE, YET PROFOUND MOVEMENTS THAT HELP TO CIRCULATE VITAL ENERGY OR "CHI" THROUGHOUT YOUR BODY, RELEASE TENSION, AND STRENGTHEN YOUR VITAL ORGANS AND ENERGY.

WHEN: MONDAYS MAR 2 – APRIL 27 (NO CLASS 3/30)

WHERE: SOMA VIDA 1210 ROSEWOOD AVE
(SOMAVIDA.AUSTIN.COM)

COST: \$130 (*\$120 by FEB 26) \$16 CLASS
PREREGISTRATION RECOMMENDED
FIRST CLASS FREE, SPACE PERMITTING

WHO: PADDY TAWADA, DOM, LAC.

PADDY HAS BEEN PRACTICING MOVEMENT AND MARTIAL ARTS FOR OVER 25 YEARS. SHE HAS A FIRST DEGREE BLACK BELT IN AIKIDO.

CALL 478-4732 TO REGISTER

1601 East Fifth St. # 105 Austin, TX 78702 (512) 478-4732 www.drpea.com