

Mindful Qigong Group



Qigong (and its most popular moving form, Tai Chi) is an ancient practice in a new category of exercise called "moving meditation". Meditation is one of the four fundamental components of Qigong along with movement/posture, self-massage, and breathing.

In this Mindful Qigong group, you will learn how to:

- settle the mind and be at ease with your thoughts
- calm intense emotions
- calm anxiety
- improve your sleep
- Improve focus
- manage stress and frustration

Zephyr Self-Help Center
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Tuesdays
10:00 a.m. – 11:00 a.m.
Wednesdays
9:30 a.m. - 10:30 a.m.