

Introduction to Meditation and Qi Gong

with Mary Beth Curreri

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Sunday, June 10, 2012
12:00-1:30 p.m.

Tuition: \$30

Held at Collaborative Therapies
115 Main St., Suite 2C
North Easton, MA 02356

Call **508-243-0233** for info or to register.

Come and learn a beautifully simple Pyramid Meditation to relax and focus the mind and a gentle QiGong exercise to recharge the body and amplify good health. These forms can be performed at home separately or as one integrated practice. Written instructions will be provided.

Instructor Mary Beth Curreri is a Physical Therapist and Certified Zero Balancer.

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