



May, 2008

walking

Qigong

Saturday, May 10th

Sunday, May 11th

Saturday, May 17th



All Walking Qigong classes meet at the gazebo at Green Spring Gardens

Park in Annandale, Virginia at 8am and last approximately one hour. Classes are free though donations are rarely if ever refused. Go to www.PeaceableDragon.org for directions and for information on other classes and workshops.