



Two Dog Yoga



PRESENTS

The Qi Life: Know What You're Swimming In

with Martha Hurwitz

Qi is in you & around you

Qi is vital energy, motive force, the stuff that makes you go

Qi can be smooth & flowing, scattered & distracting, solid & foundational, abundant or lacking

Qi is the Chinese concept behind what makes matter matter and what gives structure structure

Qi is an accessible, easily translatable metaphor, useful in everyday life as a framework for understanding your moods, energy levels, inclinations and responses.

Fortify your qigong, potentiate your acupuncture, supplement your meditation with this three-class series.

Thursdays | 7:15 – 8:30pm | March 15, 22 & 29

3-class series \$50
aid available

Two Dog Yoga in Lake City
206-372-8628
www.TwoDogYoga.com