

# Introduction to Qigong for Health & Happiness

Saturday, Jan. 9  
10 am - 12 pm

Green River Yoga  
158 Main St., Greenfield



Join us for an introduction to the simple, ancient Chinese practice of Qigong (pronounced Chee Kung)—gentle movements combined with breath and awareness.

Particularly geared to beginners, this informative, inspiring and playful workshop will help you cultivate your life force, activate natural healing processes, and foster a sense of peace into your daily life.

Cost is \$20. No experience necessary!

To pre-register/ for more info: Zayne Marston  
(413-624-9605 or [zayne@transformationaltimes.com](mailto:zayne@transformationaltimes.com))

*About Zayne Marston: Zayne is a seeker of vibrant health and vitality who knows that we each have the power to transform our mind/body/spirit if we commit ourselves. Inspired by the transformative results he has received from practicing qigong since 1991, Zayne loves to share his discoveries with fellow seekers, offering individual and group instruction through out Franklin County and the Northeast. He has taught in senior centers, hospitals, and began offering classes at Greenfield's Market and Green River Yoga & Movement Arts following the September 11 tragedy to help people stay calm, centered and strong. For more info, visit [www.transformationaltimes.com/qigong.htm](http://www.transformationaltimes.com/qigong.htm).*

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