

QIGONG

Tai Chi Concepts &
Internal Movement

Chinese healing art involving meditation, controlled breathing, and movement exercises

Lake Forest Classes

Monday	Wednesday
10:00 AM	10:00 AM

Dana Point Classes

Tuesday	Thursday
9:00 AM	9:00 AM



LAKE FOREST SCHOOL
22762 Aspan St Suite 210
Lake Forest, CA 92630

DANA POINT SCHOOL
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