



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF HEALING

SANTA MONICA FAMILY YMCA
Adult Program

Virtual 8-Week Chi Gong Meditation

During the upcoming holiday seasons, we often become busy and overwhelmed. We can help ourselves to stay calm and at ease so that we can enjoy the season. Chi Gong and Meditation practice can help us to do this.

One of the meditations that you will learn is called, The Five Element Chi Gong Meditation. This meditation uses the power of visualization, color and the breath; to clear and release emotional pent up tension in the body. This meditation and others Chi Gong practices in this series will help you attain health, peace, and joy.



Teacher: Charlene Sato,
certified Tai Chi instructor
from the College of Tao

Thursdays 3:00pm – 3:45pm
Starting Thursday, September 29

Class Zoom meeting link:

<https://us02web.zoom.us/j/8222689956?pwd=LzQxTnFLYkI3OTJ4RCt2d1JpT0lrZz09>

For more information, contact Lidia Magarian, Chronic Disease Prevention Director 310/393-2721 Ext. 129 or email lidiam@ymcasm.org.

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