



Sunday, September 22, 2019

**NIAGARA UNIVERSITY
COLLEGE OF EDUCATION**

and



present

Qigong
the Original Mindful Movement
and
Chinese Culture

Target Audience

Qigong - Tai Chi - Martial Arts Practitioners
Anyone interested in Chinese Culture and Arts

Schedule

- 8:30 – registration
- 9:00 – Keynote Speaker – Grand Master Yaunming Zhang
The History of Qigong and My Journey
- 10:00 – practice
- 10:45 – Q & A
- 11:30 – lunch
- 12:30 – Workshop Session 1
- 1:30 – Workshop Session 2
- 2:30 – Workshop Session 3
- 3:30 – Closing

Cost \$60.00 Lunch \$12.00

Submit a Workshop Proposal or Register at

<https://www.niagara.edu/mindfulness-conversations>

Facebook Mindfulness Conversations

<https://www.facebook.com/Mindfulness-Conversations-2318577555074228/>

For more information contact

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