



# Aung Medical Qi Gong in Victoria

Learn the fundamental building blocks of medical Qi Gong: breathing, concentration and posture/movement exercises; and become aware of the circulation of Qi (vital energy) throughout your whole being - body, mind and spirit

You are welcome to join us for the introductory classes or the drop in practice sessions at the

**Gordon Head Recreation Centre**  
4100 Lambrick Way, Victoria

Our group also organizes walking meditation at the Mount Douglas Park trails or the beach location when weather and tides permit

*Please contact me for more information and for dates and times of sessions offered. I look forward to practicing Qi Gong with you.*

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