

QIGONG INFUSED YOGA

HARMONIZE BODY, MIND, & SPIRIT

EXPLORE THE THERAPEUTIC BENEFITS:



STRESS REDUCTION

Calms the nervous system, decreases anxiety & promotes deep relaxation.



INCREASED VITALITY

Boosts natural energy (Qi) flow, improving overall health & immunity.



IMPROVED FLEXIBILITY & STRENGTH

Enhances joint mobility, posture, and core strength through mindful movement.



EMOTIONAL BALANCE

Helps release blockages, cultivating inner peace and emotional stability.



BETTER SLEEP QUALITY

Promotes restful sleep patterns and a relaxed mental state for deeper rest.

WORKSHOP HIGHLIGHTS: Flowing Movements, Mindful Breathing, Meditation, Energy Cultivation.

Workshop is hosted by *Choose Happy* WELLNESS

<https://choosehappywellness.com/>

FIND YOUR BALANCE. CHOOSE HAPPY.