

Heart Qigong

Saturday, February 18th

2012

Maureen Rae's Yoga Studio : 5324 Dundas St.W.

www.mraesyogastudio.com

416-716-7589

for registration

" "Qigong for the HEART " "
with Florence MacGregor

1 - 3 pm

The Heart Qigong exercise is ideal for those who have ever had physical heart issues, open Heart Surgery or attacks, or for those who Love, wish to be Loved, or have ever suffered from a Broken Heart.

Fee: \$35 + hst

To Register: Please call 416-716-7589



Florence MacGregor QT., MFA

Recently trained at the Tai Chi And Meditation Centre, York University and Maureen Rae's Yoga Studio here in Toronto. Teaching Qi studies in higher institutions include: Humber College, McMaster University, UFT., York University, Ryerson University, The Indigenous Theatre of Canada, Randolph School of the Performing Arts, and The Stratford Festival of Canada.

Florence uses hope, trust, humour and love as engineering tools to teach her classes and always finds joy in the energy of passing on Qigong studies.