

Leonard P. Zakim Center for Integrative Therapies
presents:



Sunrise Qigong

***Beginner level Classes for
Adult Patients, Family Members, and Staff***

Join us for Sunrise Qigong, a class that will prepare and energize you for the day! Participants will be introduced to authentic Qigong, allowing you to fine-tune your mind/body skills and create balance among them. Through group exercises you will learn to:

- **Loosen and strengthen muscles**
- **Improve circulation**
- **Develop symmetry and balance between strength and flexibility**
- **Improve your quality of life and daily physical performance**
- **Learn or improve your martial arts skills**



Fridays

10:00 – 11:30 am



Jimmy Fund Bldg., 8th Floor, Room 836 A & B

No experience necessary!

Registration required

Program Instructor Ramel Rones, President of R&R Mind-Body Therapies, has been part of study teams at Dana-Farber researching the effect of Qigong on patients with cancer. He regularly lectures on the Eastern healing arts and has appeared on CNN and the National Geographic Channel.

**To register, please contact the
Zakim Center at 617-632-3322**