

Leonard P. Zakim Center for Integrative Therapies
presents:



Sunset Qigong

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

Join us for Sunset Qigong where you will be gently guided through a series of powerful mind/body exercises that will help you calm down, take care of yourself, and recuperate from the stress of the day.

Through group exercises, you will learn to:

- **Relax & recharge your mind, body & spirit**
- **Cool Down after a long day**
- **Use the time of the setting sun to cleanse tension & stress and boost your energetic system**
- **Perform a full body mind workout, which can be done sitting or standing**
- **Loosen and build your muscles which will improve your circulation**
- **Find balance between strength and flexibility, counteract the effects of stress and fatigue, and regain control over your health and vitality**

Tuesdays

4:30 – 6:00 pm

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**