



California
Yoga
Center

Tim Nguyen is an acupuncturist and Traditional Chinese Medicine practitioner, trained in both the US and China.

He has been teaching Qigong for five years at his center and other venues.

541 Cowper Street
Palo Alto, CA 94301

650-947-9642
www.californiayoga.com

QI GONG

For Vitality & the Immune System

with Tim Nguyen

STARTS THURSDAY April 1

6:00-7:15 pm in PALO ALTO

5 weeks series—\$80

Focus of this series is Tibetan Qi Gong that can be helpful for vitality and supporting the immune system. Qi Gong is the ancient method of maintaining health and promoting longevity as well as preventing and treating illnesses. The series is suitable for students new to Qi Gong and continuing students.

Please register me for **QI GONG** beginning April 1

Mail this form with check payable to CYC to California Yoga Center
541 Cowper Street, Palo Alto, CA 94301.

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____