

Holistic Health & Healing Classes

PRACTICE

Practice **R**egularly **A**nd **C**oncentrate **T**otally **I**n **C**ultivating **E**ner-qi ©

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www.taijiat.com
(909) 948-1288 / (323) 985-8088
kinerqi@gmail.com

Holistic Health & Healing

Qigong * Taiji * Meditation * Tuina * Personal Training/Coaching
Weight/Stress/Pain/Posture/Movement/Rehab/Prehab Management...

Taiji class*

Sat & Sun: 9:00 AM [\$10] (909-948-1288)

Outdoors

Center Park by Ontario Elementary school

Thur: 9:00 AM [\$15]

School of Holistic Touch (909-937-2055)

302 S Milliken Ave, Suites A & B, Ontario

Sat: 10:30 AM [\$12]

New Mind Meditation Center (951-757-4855)

1302 Monte Vista Ave, Suite 13, Upland

Qigong class*

Thur: 6:00 PM [\$12]

New Mind Meditation Center (951-757-4855)

1302 Monte Vista Ave, Suite 13, Upland



* Class may be subjected to change. Call ahead to inquire if you're new to the class.

New classes & schedules may also be added moving forward. Other classes (swords, fan, etc.) are available through pre-arrangement—private, semi-private, as well as group.

Any questions/inquiries, please email us or call the corresponding # above. Thanks!