



Pagoda Wellness Solutions

www.PagodaWellness.com

Vitality Qigong Workshop

Saturday, April 28 at 10 AM

This workshop will provide an introduction to Qigong, both theory and exercise. We will cover both rationale and scientific background, as well as exercise demonstration so you can comfortably continue on your own. Come learn in a beautiful, peaceful environment.

Covering:

- Daily exercises for **energy, weight loss, sense of calm**
- Moving meditation
- Intro to awareness
- Group discussion

Location: Stonehedge Gardens, Tamaqua

www.stonehedgegardens.org

Time: 10:00AM-2:00PM

Cost: \$40 before April 1, \$50 after April 1

To Register: Contact Ashley at 484-366-1670 or Ashley@PagodaWellness.com



Ashley Welikonich is a natural health consultant and NASM-certified personal trainer. She has studied alternative medicine for eight years and provides education on homeopathic remedies, diet, and therapeutic exercise. Ashley holds a diploma and certificate in homeopathy from the Lotus Health Institute, as well as undergraduate degrees in biology and anthropology. Ashley has both her Personal Training and Performance Enhancement Specialist certifications through the National Academy of Sports Medicine.