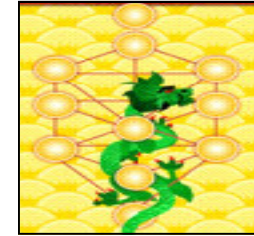


5 Organ Qi Gong Workout



Sunday
Feb. 21st
(12pm-1:30pm)
Registration @ 11:30am



Location:
@ 2128 E. 29th St.,
Oakland, CA
(near Highland Hospital
and 14th Ave.)

\$5 Donation

Benefits of Daily Practice:

- Increased energy and mobility, improved mental sharpness, clarity and performance, weight management, youthfulness

Sponsors:



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**West Coast Leaders in Providing
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NOW AVAILABLE

New books by Ra Un Nefer Amen I,

[Qi Gong Healing Prescriptions](#) and [Metu Neter Vol. 4](#)

****\$5 VEGETARIAN SNACK AVAILABLE****

References and materials available on site for purchase. Facility is not wheelchair accessible. No Child Care. Contact::

510-536-5934/510-253-8120