



7 Week Series

Qi-Gym™ is a Qi-Gong movement & mind re-set class.

A unique fusion of Qi-GONG with Heart Brain Balance techniques & Brain Gym®. This powerful trinity creates a dynamic foundation for you to transform and thrive physically, mentally, emotionally and spiritually.

It is fun, easy and profound.

BENEFITS OF QI-GYM

- Reduce stress & anxiety
- Increase joy & vitality
- Enhance ease of movement
- Reprogram outdated beliefs
- Build physical strength, balance & coordination
- Improve mental acuity

Choose your thoughts,
change your life!

FREE
Tryout Class
May 13th!

INFO & REGISTRATION:
504-710-2622
HeartBrainBalance.com

Schedule and pricing

Tuesdays

May 20th – July 1st 2025

6:00 – 7:15 pm

Hidden Springs,
635 Lit Way, Ashland, OR

\$210 or

\$160 Early Bird ~

Register by May 13th

★ Scholarship place available



Tanya Simmons,
Founder of Qi-Gym

