



Qigong/Meditation Group with Master Ernie T
Wednesday - 10AM - 11AM

East Bay Recovery Center
31 Railroad Ave
Warren, RI
401-289-2055

(You can also join virtually by Zoom: <https://zoom.us/j/7545086986>

Meeting ID: 754 508 6986

Call in : 1-646-558-8656,7545086986# - Meeting ID: 754 508 69)

Qigong, qi gong, chi kung, or chi gung is a holistic system of coordinated body posture and movement, breathing, and meditation used in the belief that it promotes health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi, translated as "life energy".



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