

Lunar New Year 2021

**Join us for an afternoon of
conversation & good food to
celebrate the lunar new year!**

noon ~ Arrival & get your food.

12:30 ~ Presentation

**Lunch is an all you can
eat Chinese Buffet.**

**\$16 per person: includes food,
soft drink, gratuity, taxes &
presentations.**

Sign up with your instructor!

NOON ON FEBRUARY 12TH

Hibachi Grill & Supreme Buffet

240 Town Center Ln, Glendale Heights, IL 60139

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240 Town Center Ln, Glendale Heights, IL 60139

Lunar New Year 2020

Join us for an afternoon of conversation & good food to celebrate the lunar new year!

11:30 ~ Arrival & get your food.

12:00 ~ Presentation

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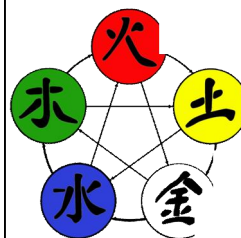
\$15 per person: includes food, soft drink, gratuity, taxes & presentations.

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11:30 ON FEBRUARY 14TH

Hibachi Grill & Supreme Buffet
240 Town Center Ln, Glendale Heights, IL 60139

EASTERN PHILOSOPHY & QIGONG



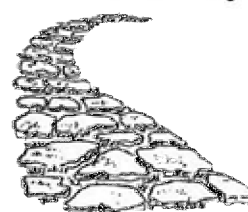
Eastern mystics have practiced longevity exercises for millennia with a goal of prolonging life and ultimately achieving immortality.

What are the philosophies that lead them to these practices?



Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin and Yang, The Tao, The Five Elements and more in a classroom setting.

Learn basic Qigong exercises and meditations that begin the practices that lead to health and longevity.



The exercises are effective and easy to learn, using slow, gentle, graceful rocking and stretching motions combined with relaxed breathing they can help calm your mind, reduce tension and anxiety, regulate heart rate and blood pressure, boosting energy and lowering blood pressure. For the exercises participants may choose to sit or stand as needed. An ideal class for those new to Eastern philosophy, Qigong & T'ai Chi.

Friday afternoons ~ 1:30-4:00PM

14th February to 13th March

Also available online via Zoom



**Bloomington
Park District**

630 529 3650

172 S Circle Ave, Bloomington, IL 60108
<https://www.bloomingtonparks.org/>