

Flyer distribution only. Not a PPCSD-sponsored event.



PINE PLAINS FREE LIBRARY

CHILDREN'S QIGONG

Mondays, May 6th - June 3rd, 3:30 - 5pm
(no class 5/27)

Learn the Chinese exercise & breathing practice of Qigong
For children in 4th and 5th grade
Healthy snack, stories & craft, followed by Qigong instruction led
by certified teacher, Steven Michael Pague

Space is limited! To register, you **must** return permission slip to the school and call or e-mail the Pine Plains Free Library. Bus transportation available from Seymour Smith. Parents must pick up their children at the library at 5pm.

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