



Astrid Audet Academy of Ballet & More

 Qigong 
Tuesdays

Qigong Level I - with Carl Charles

When: Tuesday mornings

Time: 10:00 to 11:00 am

Cost: 4 (wks) \$52, 5 (wks) \$65, walk-ins \$15

Questions, ask Carl (954) 417-5944 or

Visit: www.QigongWithCarlCharles.com

Bring Your Yoga or Exercise Mat