

Qi Gong & Tai Chi

Classes begin May 1, 2026

Mondays & Fridays at 8:00am

Living at Home

218 Industrial Park Road

Susan ~ BioBalance 218.779.0601 (Call or text)

\$20/Class

*Payable at
each session*



Discover Inner Peace & Wellness

Body 調身 ~ Breath 調息 ~ Mind 調心

*Join us for a relaxing & energizing
Qi Gong & Tai Chi class.*

*These gentle practices combine
movement, breathing & mindfulness
to support total well-being*

Improves balance & coordination

Reduces stress & anxiety

Enhances flexibility & strength

Supports heart health

Boost energy & vitality

Promotes better sleep

