



Payap University  
Presents



# Qigong

Restoring natural harmony

**Thursdays, 2:00 – 3:30PM**

July 19, 26 / August 2, 9, 16, and 23

**AT: Sadudee Room, Kaewnawarat Campus, Payap University**

Taught by Ajarn Toh

Qigong is an excellent practice for bringing health, peace, balance, and vitality into one's self. Its main themes are to activate life force, improve physical balance, and educate about the three intertwined areas of physical alignment, energy flow in the body and awareness/ mindfulness. This class is designed for all, especially for persons 50 years and over.

For students of all levels. Cost: 2,000 Baht per 6 sessions or 350 Baht per time

For more information and registration: [pampayap2018@gmail.com](mailto:pampayap2018@gmail.com)