

Mindful Movement Qigong at the Central Library

With Heather



Beginners
welcome!
Gentle movement
for all bodies.

**Free class every Wednesday @5:30-6:00pm
From 9/25 to 11/6, 2024. Room 315 (No class 10/23)
Kansas City Public Library Central Library: 14 W 10th St, KCMO**