

Cielo Gu, Tai Chi, Qigong, & TCM Practitioner



Cielo Gu is a dedicated practitioner and teacher of **Tai Chi, Qigong, and Traditional Chinese Medicine (TCM)**, with a deep passion for integrating movement, energy cultivation, and holistic healing.

With over 15 years of experience teaching mind-body practices, Cielo offers **gentle, accessible, and therapeutic Qigong classes**, particularly suited for those seeking to improve balance, flexibility, and overall vitality.

Qigong Classes– Gentle Movement for Health & Vitality

Joyful & revitalizing TCM-inspired Qigong practice.

- * Improves **balance** and **coordination**
- * Supports **joint** health and **flexibility**
- * Enhances **circulation** and digestion
- * **Reduces stress** and promotes relaxation

Time: 9-10 AM Every Wed. morning

Location: Copper Mountain Centre for Chinese Medicine @ #202-239 Menzies St.

Cost: \$20 per class / \$80 for a 5-class series

Come experience the wisdom of Traditional Chinese Medicine through movement! No experience necessary—just bring comfortable clothing and an open mind. For more information call the clinic at **250-382-3469**. Book online at **coppermountaincentre.com**