

Regular Qigong Classes & Acupuncture with Yul Hill, R. TCMP



Medical Qigong Classes Include:

- Deep centered breathing & present moment awareness
- Gentle movements, stretches & relaxing mindfulness
- Cultivate inner harmony & balanced energy while reducing stress

Date and Time:
Thursday nights 5:30-6:30 PM

Price: \$20/class (drop-ins welcome)
Discount Package: 5 Classes for \$16 ea (\$80)

SLIDING SCALE COMMUNITY ACU: Sun & Mon Mornings: 11-3

One-on-One Treatments: Thurs & Fri Evenings: 2:15-8:15 PM

For more information call the clinic at **250-382-3469**. Book online at
coppermountaincentre.com