



California  
Yoga  
Center

**Tim Nguyen** is an acupuncturist and Traditional Chinese Medicine practitioner, trained in both the US and China.

He has been teaching Qigong for five years at his center and other venues.

541 Cowper Street  
Palo Alto, CA 94301

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[www.californiayoga.com](http://www.californiayoga.com)

# QI GONG

## For Vitality & the Immune System

### with Tim Nguyen

**STARTS THURSDAY April 1**

6:00-7:15 pm in PALO ALTO

5 weeks series—\$80

Focus of this series is Tibetan Qi Gong that can be helpful for vitality and supporting the immune system. Qi Gong is the ancient method of maintaining health and promoting longevity as well as preventing and treating illnesses. The series is suitable for students new to Qi Gong and continuing students.

Please register me for **QI GONG** beginning April 1

Mail this form with check payable to CYC to California Yoga Center  
541 Cowper Street, Palo Alto, CA 94301.

Name \_\_\_\_\_

Address \_\_\_\_\_

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