

**Saturday February 18. 2017
2:00-5:00**



**Blending the Joy of Movement of Nia and the Healing Energy Work of
Qigong and Tai Chi**

Shake, Release, **Burn Up**, Dance, **Feel**, **Slow Down**, **Speed Up**, **Clear
Obstacles**, **Re-Charge**, Connect, **Empower**, **Heal**, Evolve, **Manifest**

\$35.00 advance, \$40.00 at the door

**Hamsa Dance Studio
109 E El Roblar Dr.
Ojai, CA 93023**



Gabi Barysch-Crosbie and Jessica Kolbe have been workshops for over 10 years. Gabi is a licensed Brown Jessica is a Certified Qigong and Tai Chi instructor.



**leading healing movement
Belt Nia instructor and**

Please call (805) 705-3426 to register or email Jessica@JessicaTaiChi.com