

# City of Vacaville

Public Information Office  
650 Merchant Street  
Vacaville, CA 95688  
Phone: (707) 449-5371  
Online at: [www.cityofvacaville.com](http://www.cityofvacaville.com)



## **FOR IMMEDIATE RELEASE**

**Thursday, February 04, 2010**

**Contact: Mary Torres, Program Coordinator, (707) 449-5631**

## **FREE WORKSHOPS & SPRING FOREST QIGONG CLASSES OFFERED**

Increase your calmness, mental alertness, and physical and emotional wellness with the City of Vacaville Community Services Department's new Spring Forest Qigong classes.

The classes are simple to learn and suitable for all fitness levels and are for individuals 18 and older. Exercises are performed sitting, standing, or lying down. Qigong means "energy practice" and students learn the active exercises and meditations.

In addition to the classes, practice sessions are scheduled. Designed for students who are already familiar with Spring Forest Qigong, the sessions provide an opportunity to fine tune and improve their practice, as well as have the benefit of practicing with the instructor and other students.

Two free introductory workshops will take place Wednesday, February 17 at 9:30 -10:30 a.m. and 7-8 p.m. All adults are welcome to drop-in, ask questions, and participate.

Beginning March 3, classes will take place at the McBride Center on Wednesdays from 9-10 a.m. followed by a practice session from 10-11 a.m.

(More)

Evening classes are at the Three Oaks Community Center with practice sessions from 6:30-7:30 p.m. followed by the class at 7:30-8:30 p.m.

The fee for a four-week class session is \$40 and \$24 for practice sessions. Individuals must pre-register for these classes. Registration sites are available at the McBride Center, Ulatis Community Center, and Three Oaks Community Center. For further information, call 449-5631.

# # #