



Carefirst Wellness Club 耆暉會 耆康社

 300 Silver Star Blvd. Scarborough

In-person 實體

Health Qigong - Yijinjing 健身氣功 - 易筋經 Instructor: Anissa Ho

健身氣功乃中國傳統養生功法，加上現代科學健身理念而編創。「易筋經」是中國健身氣功之一，全套由十二個動作組成。本功法是通過脊柱的旋轉屈伸以帶動四肢，內臟的運動，常做「易筋經」有助保持骨骼和關節的柔韌性和肌肉耐力。

Health Qigong is a combination of traditional Chinese health-preserving exercises and modern scientific fitness concepts. Yijinjing is one of the Chinese Health Qigong and a full set of Yijinjing consists of 12 movements. This Qigong method uses the rotation, flexion and extension of the spine to drive the movement of the limbs and internal organs. Often done, it helps maintain the flexibility and muscle endurance of bones and joints.

Code: WEL24179

Wednesday, Jul 3 - Sep 4, 2024

10:00am - 11:10am

\$60 (10 Sessions 堂)

Registration begins on May 24 at 9:00am.

5月24日上午9時開始報名。

Online Registration 網上報名  **Register**

Enquiries查詢:

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