

Qigong/Tai Chi



Qigong (pronounced chi kung) is a Chinese meditative practice that incorporates slow graceful movements and controlled breathing techniques to promote the circulation of “qi” or the life force within the body.

Qigong is held on Wednesdays from 4 to 5:30 pm in the Moakley lower level.

To learn more about our class schedule, contact Bob David at 617.638.7540.