



Join me and spring into action and get yourself moving...to a [qigong](#) class! Look forward to seeing you soon, Debi

Get Moving - Class Schedule



Mondays: 10:30-11:30am [Phoenixville YMCA](#), Wu Ming Qigong (Register with YMCA as program member or full Y Member.)

Tuesdays: 5:30-6:30pm [Inner Light Healing Center](#), Qigong for Wellness, Rt 100 and Grosser Rd., Gilbertsville, PA (Call Debi at 484-431-1270 to register.)

Wednesdays: 6:30-7:30pm [Gateway Bodyworks](#), Qigong for

Wellness, 333 Morgan St., Phoenixville, PA (Call Gateway 610-933-5459 to register or drop in.)

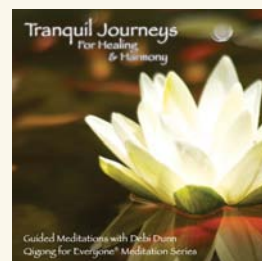
Thursdays: 6:00-7:00pm Phoenixville YMCA, T'ai Chi Qigong

Saturdays: 11:45am-12:45pm [Fairmount Athletic Club](#), T'ai Chi Qigong, 499 S. Henderson Rd., King of Prussia, PA (Starting April 3rd, call Fairmount 610-992-1004 to register.)

Energize Your Life with Debi



Make time to practice qigong daily with Debi's Qigong for Everyone DVD from her [website](#) or [Amazon.com](#).

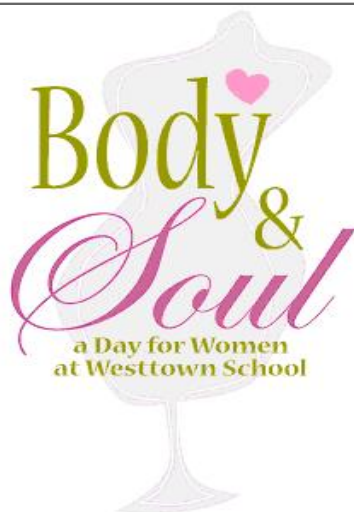


Incorporate this soothing visually guided meditation CD, Tranquil Journeys for Healing & Harmony with Debi into your daily practice available on [Amazon](#) or MP3 [download](#), [Debi's website](#), or download on [iTunes.com](#).

Quick Links



Body & Soul: A Day for Women at Westtown School, Sunday April 11th 12-5:00pm




Come experience a lovely brunch and fashion show! Pamper your mind, body and soul in The Heart of Healing relaxation and rejuvenation room. A sanctuary complete with a [qi-ocolate](#) shoppe with delectable, healthy, dark Belgian chocolates to savor. Schedule your 15 minute Reiki treatment on an amethyst-filled healing [BioMat](#) with an assortment of essential oils and detox sets. Check out Debi's [Qigong for Everyone](#) DVDs, and [Tranquil Journeys for Healing & Harmony](#) guided meditation

CDs offered at a special Women's day price! Must be present for the special offer!

Click [here](#) for complete event information, contact Carol Trask 610-399-7916 or carol.trask@westtown.edu to register.

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Save \$10.00

Print and present this coupon and receive \$10.00 on your next Reiki treatment, or print and share with a friend!



Offer Expires: April 30, 2010