

HOU LI



TAI CHI • YI JIN JING • MEDITATION



Please Join Our Summer Class!

Frome Physical Therapy is pleased to announce our summer school schedule for the study and practice of YI JIN JING (Qigong), TAI CHI and MEDITATION. **Huo Li** means vitality or life force. Tai chi and Qigong use movement and meditation to cultivate health throughout life's journey. Our focus is to return to a state of balance and harmony within the body, mind and heart.

We are offering a free introductory class at: Frome Physical Therapy, Deal Lake Building, 560 Main Street, Suite 2B, Loch Arbour, NJ 07711. Class meets on , **Wednesday, September 5 to October 20, 2018 from 6:15 PM to 7:15PM. A Friday morning clas begins September 14 at 10:00 AM.**

In this series of eight classes we will practice fundamental YI JIN JING exercises and begin to cultivate the first chapter of the TAI CHI form. The cost for the beginning series will be \$120.00. Call us at 973-509-8464, or email us at david@fromept.com so that we can save a space for you. Class instructor David Frome PT, LAc and member of The Society for Nanlaoshu .