

# Va Dance Studio

1129 Thomas Jefferson Rd. \* Forest, VA 24551

[www.vadance.com](http://www.vadance.com) 434-665-9411

(Call Donna Barringer with questions)

Ballroom, Latin, Yoga, Qigong, Movement & Health Related Classes



## Qigong Classes

Sunday & Wednesday at 7:00

\$12 per class or Special 8/\$80

Check website: [VaDance.com](http://VaDance.com) or Facebook at VaDance Studio

## Instructors:

Sara Mistic

Andrew Montgomery

1st

Qigong Class

FREE

