

MINDFUL

MOVEMENTS WORKSHOP

human harmonies

Tai Chi, Restorative QiGong and Yoga

**SATURDAY
SEPTEMBER 10, 2022
2:00 PM - 3:00 PM**

Body Mind Systems®

- **INCREASE MINDFULNESS**
- **BUILD YOUR IMMUNE SYSTEM**
- **INCREASE YOUR MENTAL FOCUS**
- **OPEN TO THE PUBLIC**
- **ANY FITNESS LEVEL WELCOME**
- **RSVP AT 781-581-8887**



BODY MIND SYSTEMS, 1005 PARADISE ROAD, SWAMPSCOTT, MA