



Qigong Classes

at National University of Natural Medicine

Weekly Class – Tuesdays, 5:30 – 6:45 p.m.

Classes continue thru March 20, 2018 (No class Dec.19 & 26)

Instructor: Tamara Staudt, ND, LAc, 503.552.2093

Cost: \$12 per drop-in class or \$40/mo, payable to instructor

Location: Academic Building, Rm 305 | NUNM 049 SW Porter St.

For those with previous qigong exposure, this class is also accessible to beginners with a strong interest in qigong.

Focus of study and the primary form taught varies seasonally and/or to address the specific needs of the class participants.

You are invited to join at any time—please wear comfortable clothing.