

Qigong
Offered by the Stow Council On Aging
Mondays at 8:50 am
Free

Come join us for gentle movements that help with balance, breathing and energy. The qigong exercises support a self-healing process through relaxation and the reduction of stress in mind and body.



Taught by Carolyn McDonald. Carolyn has been doing qigong since 2009. She's completed associate instructor and instructor certificates with Dr. Ming Wu and continues practicing with him. She teaches at the Emerson Wellness Center and has taught multiple classes for the Rainbow Life Long Learning Institute Boston. Carolyn has been an educator for more than 43 years. She worked in the public and private sectors teaching people of all ages. Learning and practicing qigong has been a healing journey for Carolyn. Sharing this practice with others is one of her greatest joys.

Join fellow residents on Mondays from 8:50 am until 9:50 am at the Pompositticut Community Center (509 Great Road, Stow). This class is free, but you need to register in advance as space is limited. Open to Stow residents 50 and older. A virtual option is available to Stow residents that prefer remote classes and non-residents if space permits. Registration can be done monthly beginning on the 15th of the prior month at <https://myactivecenter.com> or by calling 978-897-1880.