

NEW TO OUR LIBRARY!!!!

ENER CHI IN PERSON

Instructor: NOEMI RAIS

March 3, 17 & 31, from 2 - 3 PM

Ener chi is a Chinese practice that involves a series of slow, gentle movements and postures, along with controlled breathing and a meditative state of mind.



Please join us at the

Marta-Beth Friedman Stirling Road Branch Library
3151 Stirling Road, Hollywood, 33312

Classes are approximately one hour. If you have any questions [CLICK HERE](#) to email us.

Registration is available for you at our session.