

Standing as a Mountain

Qigong & Yoga

with Jim Gallas

Celebrate the long, warm days of high Summer!

June 20–23, 2024

In historic McCloud, CA

(on the southern slope of Mount Shasta)

*Held at the lovely hundred-year-old
Stoney Brook Inn Bed & Breakfast**

**About \$90 single, \$120 double per night, with full breakfast
Contact Stoney Brook Inn to reserve your room: 1-800-717-2707*



The workshop includes:

- Morning Qigong gazing at spectacular Mount Shasta
- Evening restorative Yoga in the tranquil wood kiva
- Excursions to the sacred mountain and an evening picnic and practice on Lake Siskiyou

No experience necessary.

All are very welcome.

Limited to 12 participants! For more info contact Jim@RelaxedFocus.net

\$350

To Register: Send a \$100 non-refundable deposit to Jim@RelaxedFocus.net via PayPal as a FRIEND

Jim Gallas has taught yoga, Qi Gong, & Shiatsu for over 25 years. Jim offers these healing arts at Esalen Institute, Tassajara Zen Center & Sayulita Mexico

Go to RelaxedFocus.net for more!