

"GET YOUR CHI TOGETHER!"

FREE ONE HOUR CLASS **TO HELP OUR COMMUNITY** **RIDE LIFE'S WILD ROLLERCOASTER!**

*Unleash your inner ZEN
with calming, time-tested energy healing moves
for body, mind, and spirit.*



5:30-6:30pm

(Last Monday of each Month)

NO EXPERIENCE NECESSARY!

Everyone's welcome, ages 8 and up

FEMA-3743 Cedar Ave. South, Minneapolis
(612)729-7299

www.femamartialarts.org