



**2025 OUTDOOR HEALING QIGONG CLASS**  
**with Carla Mattioli, M.A.**  
**Certified in Healing Qigong and Therapeutic Yoga**  
**Over 30 years of teaching experience!**  
**[WWW.AWAKEARTS.COM](http://WWW.AWAKEARTS.COM)**

**HEAL YOURSELF WHILE THANKING THE EARTH , SKY AND ALL OF NATURE!**  
**PARTICIPATE IN THE GREATER COLLECTIVE AWAKENING !**  
**ENJOY HEALING MOVEMENTS FROM TRADITIONAL CHINESE MEDICINE -**  
**FOR IMMUNE STRENGTH, STRESS REDUCTION, INCREASED FOCUS, IMPROVE**  
**BALANCE & FLEXIBILITY, LEARN SELF MASSAGE & BREATHING PRACTICES!**  
**ALL AGES WELCOME!**

**Monday Mornings Starts June 9th Monday- 8:30 AM**  
**Ongoing thru Early Fall**  
**STAGE FORT PARK GLOUCESTER, MA**  
**MEET AT WHITE BANDSTAND across from Parking Lot**

**PLEASE CALL OR EMAIL BEFORE COMING : 978 -491- 0726**  
**or : [info@awakearts.com](mailto:info@awakearts.com)**

**CLASSES Cost: \$120 for 6 weeks ( Please reserve ahead)**  
**(Online classes also available on Tuesdays and Thursdays 9:30-10:45 am)**