

The Norwalk Hour

WWW.THEHOUR.COM | Tuesday, September 19, 2017 | SINCE 1871 | VOLUME 145, EDITION 262 | \$1.50

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NORWALK

» QIGONG WITH BILL WRENN AT LIBRARY

Qi gong with Bill Wrenn is returning to the Norwalk Public Library. The class will meet from 5 to 6 p.m. Wednesdays in the Chess Room, Oct. 4 to Dec. 27. There will be no session from Oct. 25 to Nov. 1, when the library book sale will be using the auditorium.

Qi gong (pronounced chee-gung) means balancing and harmonizing with the energy of life. In Chinese, qi is "life energy," and gong means work, skill or cultivation. Qi gong practitioners gather, circulate and harmonize internal energy with the energy of the universe to improve health and achieve deep relaxation and peace of mind. The practice of qi gong includes gentle, dance-like movements,

mindful breathing, meditation and self-massage.

Wrenn is a certified qi gong and tai chi teacher. He has practiced yoga, meditation and other forms of energy work for 30 years, and received training in qi gong and tai chi from the Institute of Integral Qigong and Tai Chi.

Registration is suggested

as space is limited. For additional information or to signup, contact Cynde Bloom Lahey, director of library information services, at 203-899-2780, ext. 15133, or clahey@norwalkpubliclibrary.org.

—cwright@bearstmediact.com