

# Chi Gong

Sundays

10:00-11:00 a.m.

Where: *Counterbalance* Studio Pilates  
1911 Danforth Avenue (between Woodbine & Coxwell)  
counterbalancestudiopilates@rogers.com, 416-901-2911

When: Series 1, September 9th – November 11<sup>th</sup>  
(No class on October 7<sup>th</sup>)

Fee: Series fee: \$162. @ \$18/class, \$20/class drop-in

Contact: Shawn Aarons  
shawn.aarons@sympatico.ca, 416-654-9402

*Counterbalance* welcomes Shawn to our team of exceptional teachers.

Shawn Aarons, BPHE, CSIP

Shawn has a level two Chi Gong certification from Grand Master Rupert Harvey. She continues to study and is an assistant Chi Gong teacher at Golden Harmony Martial Arts and Wellness Centre ([goldenharmonychigong.com](http://goldenharmonychigong.com)).

Shawn maintains a full time practice in the Ida Rolf method of Structural Integration and continues to study advanced Structural Integration with her mentor David Davis in Denver, Colorado.

Shawn's many interests and practices include movement studies, martial arts, drumming, singing and dance.

*"I love when she leads us in class." Julie S.*

