

Chi Gong

SUNDAYS 10:00 am - 11:00 am

DROP-IN ANYTIME.

All levels. Beginners welcome.

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).

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

FEES:

Series fee: \$18/class

Drop-in fee: \$20/class

CONTACT:

Shawn Aarons:

shawn.aarons@sympatico.ca

416-654-9402

Counterbalance Studio Pilates

1911 Danforth Avenue

(between Woodbine & Coxwell)

counterbalancestudiopilates@rogers.com

416-901-2911



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