

# Nature Qigong with Chris Andrews

## Event Date

Sat, May 18 2024, 10 - 10:30am

Weekly on Saturday at 10:00am

## Recent

- Sat, May 11 2024, 10 - 10:30am

## Upcoming

- Sat, May 25 2024, 10 - 10:30am
- Sat, Jun 1 2024, 10 - 10:30am
- Sat, Jun 8 2024, 10 - 10:30am
- Sat, Jun 15 2024, 10 - 10:30am
- Sat, Jun 22 2024, 10 - 10:30am
- Sat, Jun 29 2024, 10 - 10:30am
- Sat, Jul 6 2024, 10 - 10:30am

From 10:00 to 10:30 a.m. join Chris Andrews in partnership with Scottsville's Center for the Arts and Natural Environment where he will be hosting a Qigong class every Saturday morning behind the Scottsville Market Pavilion. Qigong is a meditative Chinese exercise that uses breathing and movement to optimize energy. All ages are welcome, entry is a \$5 donation.

## Address

125 Fleet St  
Scottsville, VA 24590  
United States

[View in Google Maps](#)

**37.7978903, -78.4951281**