



www.innerspiritualcenter.org / info@innerspiritualcenter.org

333 Route 46 West - Fairfield, NJ 07004 (Fairfield Business Center - Building A, Suite # 255)

INNER SPIRITUAL CENTER WELCOMES

Tim Arculli – OLS Qi

(offering 2 great workshops – sign up for one or both)

Monday - January 20th

Balancing Your Energy for the New Year 6:30pm-8:30pm (EST) \$50.00

Monday - April 14th

Qigong for the Soul 6:30pm-8:30pm (EST) \$50.00

Pre-registration required. Registration ends the Saturday prior to class
www.innerspiritualcenter.org/classes-events



What is Qigong?

How important is it in my life?

What steps do I take in understanding this ancient practice?

If you have the questions, Tim has the answers. Experience one or both of these 2-hour workshops with Tim's leadership and knowledge and learn to understand the benefits and the power of Qigong. With Tim's intuitive sensing, each class is tailored to those attending and each person leaves the experience with a new understanding of this practice. Throughout the workshop Tim invites any questions from attendees to make this as interactive of an experience as it can be. If time permits, there will be a Q&A. Tim's goal is for everyone to have fun and leave with some new tools to assist in their journey. Tools that are quick and easy so they can practice on the go and will be able to be incorporated into a modern-day busy lifestyle.

BIO Tim Arculli began practicing the ancient healing practice of Qigong almost 15 years ago. He started teaching friends and family but found that they often didn't have the time to practice regularly. To make Qigong more accessible, Tim developed his own system (Outer Limits System) that focuses on the most efficient, effective, and simple techniques that can be incorporated into any lifestyle. Tim has trained with several teachers in the US and Hong Kong and holds many certifications in Qigong and Reiki. He is dedicated to sharing his knowledge and helping others improve their health, energy practice, and well-being in a fun way.