**Qigong for Body Mind and Spirit**

Qigong: Ancient Chinese Practice for Mind and Body Health



Come and join me for a transformative qigong class! This ancient Chinese practice is designed to cultivate and balance the body's vital energy, or "qi". Through slow, gentle movements and deep breathing, qigong can help reduce stress, improve flexibility, boost immune function, and promote overall health and well-being. No prior experience is necessary, and all fitness levels are welcome. Come along in some comfortable clothing no special equipment is necessary.

Starts 3rd May 2023, Great Doddington Memorial Hall Wednesday from 7:30 PM - 8:30 PM

Call me at 07976002416 or email at paulghewitt@googlemail.com for further details.

Prices: First class is free, then £7.00 per session of £24.00 for a block booking of 4 classes.

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