

# Qigong for Health & Vitality

FREE Introduction & Mini workshop

**Fri, 8<sup>th</sup> June 5.30-6.30pm** **FREE**

Halswell Road Clinic  
64 Halswell Rd, Hillmorton



Qigong combines the energy work of Chinese Medicine with physical movements and meditative relaxation. Qigong can help:

- to balance the hormone system
- to deeply relax the body and mind
- to reduce stress and enhance vitality

Learn about Qigong in general in this mini-workshop. It is also an introduction for the Qigong retreat 31 Aug - 2 Sept.

with Senior Instructor and Tao Teacher Gabrielle Euteneuer

With more than 25 years teaching experience

Limited space. Please register.

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