

Headstone Manor Park

Qi Gong (Chi Gong)

Stress produces a chemical in your body called cortisol. This negatively effects us mentally and physically.

Qi gong is Stress Reduction without the stress of exercise!

The result of this session would be "Homeostatis". Balance in the body and mind. Proven relief from Anxiety or Depression.

Harness your life force energy to lower stress, prevent illness & increase longevity.

These gentle, beautiful and flowing movements promote peace and tranquillity to relieve stress, improve fitness and circulation as well as the immune system.

Feedback is 100% positive.

"Headstone Manor Park"
Football Pavilion
Free Weekly session
starting on 7th Jan 2020
10:30am - 11:30am

**** 10 Spaces available ****

To book a place please email Andrew Samuels by the 1 January 2020 at Andrew.Samuels@mind-angels.com



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