

# Health & Wellbeing



## QIGONG CLASS

With Kirsten (15+ yrs teaching)

Dip. Shiatsu & Oriental Therapies, certified Qigong instructor.

Qigong features meditative flowing exercises that align breath, mind, and body to help to build energy (Qi) whilst releasing chi stagnation throughout the body. Benefits include- increased lung capacity, calming of the nervous system, healthier digestion & toxin elimination, ease of muscular pain. Please bring water & wear loose clothing and flat comfy shoes.

Tuesdays 9.15-10.15am 5th Feb-2nd Apr (9 weeks) Cost \$140

**COME JOIN US!!**

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**SELBY COMMUNITY HOUSE**