

# Health & Wellbeing



## 5 ELEMENT QIGONG CLASS

With Kirsten (15+ yrs teaching)

**Zi Ran Qigong instructor, Dip. Shiatsu & Oriental Therapies,**

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

**Beginners welcome.**

**Tuesdays 9.15-10.15am 23rd Apr-25th Jun (10 weeks)**

**Cost \$150**

**COME JOIN US!!**

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**SELBY COMMUNITY HOUSE**