

Saturday Qigong

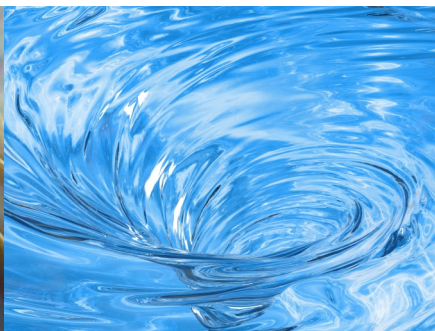
With qualified Tai Chi and Qigong Instructor Debbie Heaney



Support your energy, strengthen your connection to the seasons, and deepen your practice through the winter and spring months with Qigong and energy work.

These workshops can be booked as stand-alone sessions or as a block.

New Dates now Available



Suitable for all
abilities—no prior
experience needed
Places are limited—
book now!

Whether you have done Tai Chi or Qigong before, or are looking for something new to help support your physical and mental health and well-being, these workshops cater for all levels of experience and ability.

Come along and deepen your understanding of your own energy (Qi/Chi) and learn exercises and movements that will help your body to relax and become more centred; reconnect to your body and enhance your natural energy.

In these workshops we will focus on movements, breathing exercises and meditations all based on bringing the body and mind into a state of natural harmony.

The benefits of this work are immediately evident, through the stimulation of the major organs, increased circulation of blood and release of tension held in the spine, joints, muscles and soft connective tissues of the whole body.

Regular practice will help with symptoms of anxiety stress and depression, and improve balance, posture, co-ordination and vitality.

About Debbie

In a previous life Debbie was all too familiar with a stressful job, and hectic lifestyle; but when she reached breaking point something had to change. Having retrained, she now runs her own business centred around Tai Chi, Qigong and Shiatsu.

Dates

Saturdays, 10.30-1.00

20 July 14 September

12 October 9 November

Cost:

£30.00 (concessions available—contact Debbie to discuss)

Venue:

St Mary's Church Room
Petworth Rd, Chiddingfold, Godalming GU8 4SH

Enquiries and bookings:

Contact Debbie Heaney

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www.surreyhillstaichi.co.uk