

Introduction to Qigong



Improve balance, posture, co-ordination and flexibility

Reduce symptoms of stress, tension, depression, anxiety and fatigue

Grounding, calming and flowing, Qigong (chi kung) is an ancient Chinese health practice that co-ordinates breathing patterns with movement to maintain and improve health and well-being.

Biospirali Qigong brings together Eastern knowledge and Western science to create movements that help the body relax and become more centred by emulating one of the most beautiful patterns in nature—the spiral.

About the Instructor

Debbie Heaney has been practicing and teaching Qigong and Tai Chi since 2001, and has been teaching for 10 years.

She co-founded the Biospirali Training School UK in 2016 to offer anyone with a passion for life with the opportunity to study and focus on how to reach a greater level of harmony within the body.

Introductory 8-week Course

9 Jan–27 Feb 2019

11.30–12.30am

Court Room, Borough Hall,
Godalming GU7 1HR

Try before you commit!

First class just £5.00. Sign up for the rest of the course for just £65.00.

Contact: Debbie Heaney
+44 (0) 7810 703 960 | debbie@surreyhillstaichi.co.uk
www.surreyhillstaichi.co.uk