

Sound Healing Qigong Workshop



With qualified Tai Chi and Qigong Instructor Debbie Heaney

Join us to explore using healing sounds qigong to help release trapped emotions, replenish Qi and revitalise cells.

Saturday 21 March 2026

10.30-13.00

St Mary's Church Room, Petworth Rd,

Chiddingfold, GU8 4SH

Cost: £45



Sound healing works by using vibrations from the voice or instruments to entrain the body's cells and systems, shifting brainwaves and the nervous system into relaxed states, promoting deep calm and reducing stress. The resonance allows the body to "tune" back to a balanced frequency, promoting relaxation and self-healing.

To book your place contact Debbie
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