

Winter Warmer Qigong Workshop



With qualified Tai Chi and Qigong Instructor Debbie Heaney

**Support your energy, strengthen your connection to
the season, and deepen your practice with this
Winter Warmer Qigong workshop**

Saturday 7 February 2026

10.30-13.00

Unitarian Hall, Meadow, Godalming GU7 3JB

Cost: £45.00

Come along for a session that focuses on the deep, calm, quiet energy of winter. Through Qigong exercises, breathing and meditation we will explore the positive attributes of the winter season.

To book your place contact Debbie —debbie@surreyhillstaichi.co.uk
tel: 07810 703 960

