

Qi GONG at Wanstead House Community Centre

Qi Gong (or Chi Kung) is the ancient Chinese art of energy cultivation which has become popular throughout the world for its many health-giving benefits. It consists of static and flowing movements which are co-ordinated with the breath to circulate and direct qi around the meridians (energy pathways) of the body. Just some of the many benefits of regular practice include relaxation, boosting the immune system, strengthening the body and a sense of well-being.

Come and try out Qi Gong in a series of FOUR taster sessions at an introductory rate of £40 on Mondays at 12.30-1.40pm. Please wear loose clothing and trainers for the sessions. After the trial sessions, should you wish to continue, classes are £50 payable at the beginning of the month or £15 per session.

Cost: £40 for four taster sessions/£50 monthly thereafter.

Venue: Wanstead House Community Association, 21 The Green, Wanstead E11 2NT.

TEL: Mina Wolton (Instructor, School of Qi Gong) on 07970 988 354 or e-mail mpwolton@yahoo.co.uk to confirm your place.