

Qi Gong Classes



QI GONG CLASSES at Westleton village hall

Starting 21st of JULY at 9.30 -10.30 am

£10 per session, First class free

Gentle flowing movements and posture to create space, openness through all aspects of our being.

“Be still like mountain, Move like a river”

Everyone welcome and you are more than welcome to be seated at anytime.

I am always happy to chat and discuss.

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