

Qigong

FREE
60 minute
session

More Energy Less Stress

Create more energy and less stress and step into the world of qigong
(pronounced *chee gong*).

This is an ancient, non martial art, Chinese practice that helps you to be *more flexible, more energised* and *less stressed*.

Learn a straightforward way to *stay body, mind and emotionally fit* - qigong allows you to be *more skilful* with your energy and bring these positive feelings into the rest of your life.

No special equipment or mats needed, just wear something comfy :-)



Join me for a FREE 60 minute session and experience qigong for yourself at:

FIRST
Session
FREE

The Movement Base, 149 Leigh Rd, L-O-S, SS9 1JF
on Tuesdays at 6:45pm & 8pm

and

Shambhala Studios, 11 Leighcliff Bldg, Maple Ave,
Leigh-on-Sea, SS9 1DJ on Fridays at 2pm.

 **HOLDEN
QIGONG**

To book a session, message or email me 

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