



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:



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.



To book a session, message or email me

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