



Free 6 week qigong taster session with Alison
At The Focal Community Centre,
New Hey Road HD3 4DD

Starting Friday 25th October to Friday 29th November
At 11:30 - 12:30

Come along and learn how to move the chi energy
around your body

These graceful slow movements will help to aid relaxation,
whilst doing gentle exercising

The movements can be performed standing or seated
No special equipment needed

