

INTRODUCTION TO QIGONG

**SATURDAY 26TH JUNE
STAINTON VILLAGE HALL, PENRITH
1-4.30PM
£35**

Unlike western medicine the Chinese have a preventative approach to health and wellbeing. They practice qigong ! In these half day workshops you will learn how to energise yet relax your body & mind, increase your immunity, increase your lung capacity, reduce pain and improve sleep.

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