



# Energy Balance Class

## What is Energy Balance?

This class is ideal for the first time exerciser and particularly for anybody who has fatigue issues such as ME, CFS (chronic fatigue syndrome).

The energy that you cultivate in these exercises is Chi or Prana (yoga), it can help to compensate for the empty calories of sugar or caffeine thereby improving these addictions.

With these exercises the slower you move the more energy you create. After a days work, half an hour of gentle exercise will have you going home with improved energy.

See website for further details. [www.refreshwellness.co.uk](http://www.refreshwellness.co.uk)

## Where?

Refresh Wellness, Unit 62  
Basepoint Business Centre

## When?

Tuesdays 5.30 – 6.00pm  
Starts October 4th 2011

## Cost?

£5.00

## Booking?

No need, just turn up and join in.

**refresh**  
**wellness**