

# Qigong for Wellbeing



## What is Qigong?

Qigong (pronounced Chee Gung) balances and strengthens the body through natural movement and static postures.

The aims of the simple, elegant form of Qigong taught in the lunchtime Wellbeing sessions at Refresh Wellness are:

- Take time to calm the mind and improve focus
- Become familiar with simple, effective techniques that help manage daily stresses and tensions
- Explore the effortless power that comes from moving correctly

No previous experience is required, you don't need to change your clothes (you may need to take off your shoes) the only requirement is a willingness to explore.

## Where?

Refresh Wellness, Unit 62  
Basepoint Business Centre

## When?

Every Thursdays  
12:15 - 12:45pm

## Cost?

During September it's FREE.  
*(although we do ask for feedback on the sessions).*

## Booking?

No need, just turn up and join in.

**refresh**  
**wellness**