

QIGONG OUTDOORS

Fridays at 11.00 a.m.

In the Dancing Field, The Park. Findhorn

I will be at the main entrance to Universal Hall 10 mins before the session starts.

Beginners are Welcome.

Donations please: anything from £4 to £8



WEDNESDAY MORNING QIGONG ON-LINE

Next class 16th September at 9.30 a.m. Beginners welcome!

Learn the Shibashi Taiji Qigong 2 form or just drop in!

40 minutes of Mindful Movement and Meditation in the comfort of your home.

Please contact Sally at bodywise9@gmail.com for Zoom links and queries.

- **Open for Personal Qigong Coaching (a Qigong Form for you) and Shiatsu.**
www.qigongcoach.net