

LYTTELTON HEALTH QIGONG FOR SENIORS SIT & BE FIT

Qigong uses easy-to-learn movements to guide the mind to draw in and replenish Qi. The movements increase flexibility, balance and co-ordination, the Qi heals and energises, and the whole activity brings deep relaxation and a calm and focussed mind.

This is also a Falls Prevention Programme



www.nztaichi.org.nz

www.qigong.org.nz

LYTTELTON UNION CHAPEL
40 Winchester Street, Lyttelton
TUESDAYS 9.30-10.30 am
\$5.00 per session

Please phone Geraldine 328 7284 or Christine 741 1427

Lyttelton
Community
House Trust



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