



HEALTH QIGONG
BA DUAN JIN
AKA
8 TREASURES / BROCADE



SATURDAY'S @ 11.30 AM til 12.45

with Vicky @ The Chi Clinic, SM3 8LJ.

FOR BEGINNERS & IMPROVERS

£10 per session - Booking is essential!

**EASY TO LEARN BENEFICIAL EXERCISE ROUTINE
FOR HEALTH & WELLBEING, MIND & BODY
BASED ON TRADITIONAL CHINESE MEDICINE
FOR PREVENTION OF MANY CONDITIONS
ARTHRITIS, DIABETES, OBESITY, OSTEOPOROSIS
HELPS TO IMPROVE JOINT STRENGTH & FLEXIBILITY,
CIRCULATION, BACK & NECK ACHE, TENSION, STRESS,
IBS, DEPRESSION**

**CONTACT VICKY @ THE CHI CLINIC ON 020 8641 3756 OR 07939 553379
www.taichiqigong.co.uk & www.healthqigong.org.uk**