

QI GONG Workshop

**LEARN THE 18
STEPS IN ONE GO –
IT'S EASY**

What is this?

Developed by a chinese master it follows 18 steps done 6 times each; 108 moves like the tai chi long form. Simple and huge benefits

3 hours for a life time skill

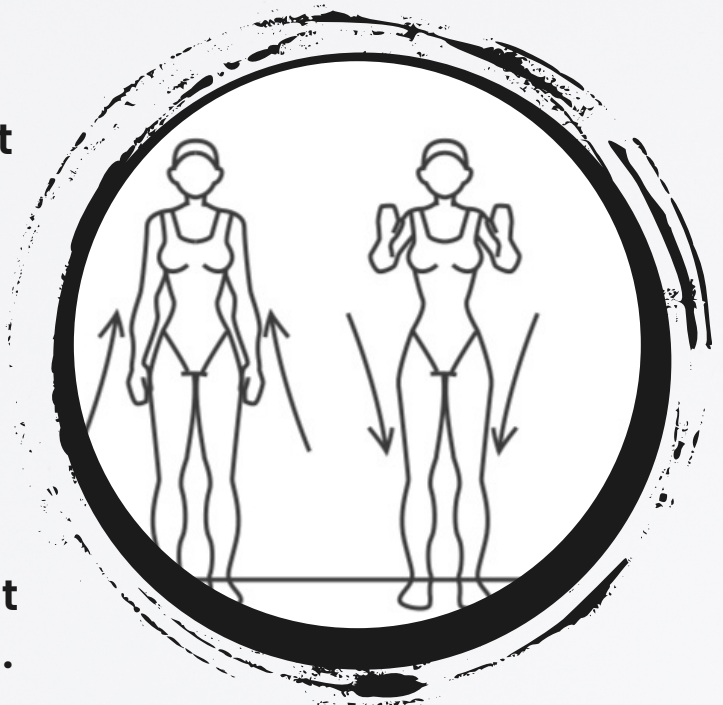
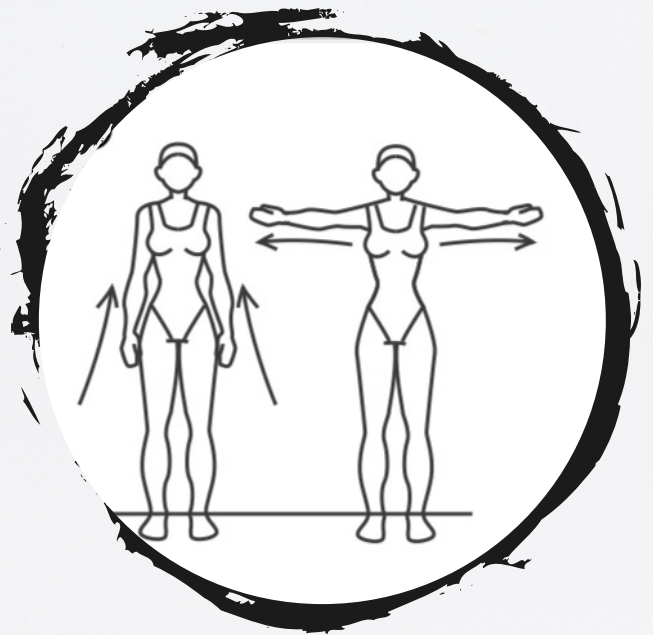
3 hours to learn the flow. Support sheet, access to video post class. It's a gift for yourself to learn this

**WHERE: CORNERSTONE
COMMUNITY CENTRE, HOVE**

4th February 9.30–12.30

4th February 1.30 – 4.30

18th February 9.30–12.30



**BOOK NOW
07850955742**