

QIGONG AND ALL THINGS MINDFUL

Come and join us at our Silver Link Centre, Bennetthorpe Doncaster for a free 4 week Qigong and Mindfulness course.

Limited spaces available!

Friday 1st August, 10am - 11am

Friday 8th August, 10am - 11am

Friday 15th August, 10am - 11am

Friday 22nd August, 10am - 11am

Qigong is accessible exercise for all fitness levels. This gentle practice combines slow, flowing movements with deep breathing and focused intention, helping to improve circulation, balance, flexibility, and strength, supports blood sugar balance, reduces stress and enhances energy and vitality



**Act Now,
Age Better.**

