



Qigong

For health and Wellbeing - An Introduction for beginners

9.30 – 10.30 am Thursday mornings

6th March 2025-17th April inclusive

**The Cottages (Garden), St Peter's Church, Church Rd, Cheltenham
GL53 0QJ** *Come as you are, in comfortable clothing, flat shoes*

£55 for 6 sessions (or £10 per session)

Places limited

Please email jo@jojoy.co.uk

Phone 07577 547755 for further information



Stilling the body, lengthening the breath, calming the mind

Creating peace within