

Qi Gung

Meditation in Motion

Flowing movements with breathing in synchronicity to maximise mindfulness, a traditional art that sees the body holistically.

It will cater for all abilities, as the exercises can be done while sitting.



- Tuesday 10.00am - 11.00am
- Class cost \$5.00
- Keilor Sports Club, Old Calder Hwy. Keilor
- Convener: Kerry Pollock 0409 792 654
- Teacher: Yong