

QIGONG WINTER COURSE

Qigong movements are slow and mindful, aiming to restore the flow of 'qi energy' that has been negatively affected by stress, ill health or trauma, resulting in greater feelings of wellbeing.

The movements can be easily adapted for all ages and levels of fitness, with options to complete them seated if needed.

This course is delivered by Kate Harding, a qualified Qigong, Yoga and Mindfulness teacher.



**Starts 4 February - 5 weeks
(No class 18 February) 1pm**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, register with MFT first, download Zoom, then we'll send you the link. Phone: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk



MFT MARY
FRANCES
TRUST
Inspiring Mental Wellbeing