

ONLINE QIGONG

ANIMAL FROLICS COURSE

Together we will practice gentle movements and meditations to mirror the movements and qualities of the Crane, Bear, Monkey, Deer and Tiger. Such as sensing the steady and calm lightness of a crane, the grounded strength of a bear, the playful and cheeky agility of the monkey, the relaxed alertness of the deer and the fierce protective strength of the tiger. The practice cultivates many health benefits for mind and body and is suitable for levels of ability.



Starts Thursday 3 September - 4 weeks
9.30-10.30am

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.
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Inspiring Mental Wellbeing