



Qigong

Qigong originated over thousands of years ago from the deep mountains of China.

Based on the Yin and Yang theory, Five Elements and Chinese Traditional medicine, Qigong is a method of cultivating energy through slow movements, breathing technique and focussing your mind to develop strength and improve health.

WEDNESDAYS 9.15 - 10.15AM

Suitable for all ages and fitness levels

\$5.00 per class

BYO water bottle

Patterson Lakes Community Centre

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