

Mental Health Week

Qi Gong Taster Session

Qi Gong is an ancient Art originating in China. Qi Gong it is the cultivation of qi (Energy). Qi Gong means energy work. It is a gentle and flowing moving meditation suitable for all abilities. It helps manage stress, calms the mind, increases energy levels and assists with balance and coordination. It helps to ground us and connect to the body. Come and join us for a relaxing and energising session.

Loose clothing recommended.

Monday 12th May

2pm - 2.45pm

Bramhall Library

Book online:



Mindful, Relaxing, Grounding and Energising