



QI GONG FOR THE WORKPLACE



focus concentrate relax energise

Learn this ancient Chinese practice of gentle exercise, breathwork and concentration with awareness. Our gentle Qi Gong sessions are tailored for the workplace - no special clothing or equipment required. Just a quiet space.

No previous experience required and suitable for all fitness levels.

Cost: \$250 for 1 hour session or 6 week course to learn the Shibashi set \$1400