

Qigong for Beginners

Provided / Operated by:

Workers' Educational Association

In this course, you will practice basic qigong moves for beginners by participating in performing repetitive movements to help both physical and mental wellbeing. You will begin with some warm up movements to prepare your mind and body. You will then progress onto the 18 tai chi qigong movements to help with posture and balance and improve your overall wellbeing.

Contact Details:

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Costs:

Paid

Childcare:

Yes

Children allowed:

Yes