

QI GONG TASTER SESSIONS

**At Islington
Ecology
Centre &
Gillespie Park**



Tuesday 15 August 12.30 - 2pm
Tuesday 29 August 12.30 - 2pm

Try one of our free taster Qi Gong taster sessions with Aryananda ahead of her six week course in Gillespie Park in Autumn.

Through Qigong and Mindfulness, we learn how to live well, return to balance, restore connectedness with oneself and all beings, and remember we are part of nature.

Complete beginners welcome!
Classes are indoors and outdoors.

Book your free tickets using the QR code or email
ecologycentre@islington.gov.uk

