



Free Introduction

To Tai Chi Qigong for Health.

Cranmore Village Hall

2 July 2016

Qigong for Health

Qigong is all inclusive and recommended by Doctors. These gentle exercises have been shown to lower blood pressure, improve mobility, stress and general wellbeing.

Tai Chi Qigong is practised worldwide and is considered particularly beneficial to the elderly and those with disabilities.

Cranmore Community Group have sponsored a free introduction to this gentle routine of exercises in Cranmore Village Hall on the 2 July 2016 from 1000 until 1230.

Why not come along and find out more about Qigong and how you may benefit from it.

