

GENTLE MOVEMENT



GENTLE MOVEMENT GROUP

Gentle Movement is based on ancient Chinese practices including Qigong and Shibashi, which align breathing, physical activity, mental and spiritual awareness.

WHERE: New Abbey Village Hall

WHEN: Tuesdays 10.30am (start 16 Jan 2024)



COST: £2.40 (including Tea/Coffee)

No need to book, just come along!



For more information email Active.Communities@dumgal.gov.uk

Classes can be done seated or standing.