

GENTLE MOVEMENT



GENTLE MOVEMENT GROUP

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

Classes can be done seated or standing. No need to book, just come along!

Castle Douglas Community Centre – Tuesdays 10.00am

Stranraer Millennium Centre – Tuesdays 11.00am

Gracefield Arts Centre, Dumfries – Fridays 1.30pm

For more information email

Active.Communities@dumgal.gov.uk

