



# QIGONG

## health & fitness exercise

**\*\*\* beginners welcome \*\*\***

**Traditional Chinese exercise for health, fitness and well-being.**

**Weekly Qigong classes every**

**Tuesday, 2pm to 3pm,**

**Wednesday, 9.30am to 10.30am,**

**Wednesday, 11am to noon.**

**All classes are for one hour in St James Church Hall,  
20A Church Path, Emsworth, PO10 7DP, a large, pleasant and  
well-ventilated (plenty of open windows) venue.**

**Classes are £10 each, or £45 for a block of 5.**

**Contact Lincoln (Advanced Instructor,  
Tai Chi & Qigong Union for GB) on [emsworthqigong@gmail.com](mailto:emsworthqigong@gmail.com)**

**Visit [emsworthqigong.com](http://emsworthqigong.com)**



## Emsworth Qigong

