

# QIGONG IN WATERLOW PARK

Tuesdays 9.30am - 10.30am

at LUX, Waterlow Park Centre, N19 5JF

Classes START JUNE 4<sup>th</sup> 2019

QiGong is an NHS recommended exercise routine for people of all ages, abilities or health issues. The exercises improve posture, help the body to relax and still the mind.

Led by Dr Sue Tatum, British Health QiGong Instructor  
([www.healthqigong.org.uk](http://www.healthqigong.org.uk))

## **You should wear:**

- ◆ shoes that give good support to your feet but are flexible
- ◆ loose trousers/shorts
- ◆ top that you can move freely in such as a T-shirt

## **Pay as you go: £4 (concessions £3)**

All proceeds (minus overheads) to Waterlow Park and LUX

No booking required

For queries call LUX on 020 31412960

*If you are interested but cannot attend at that time please email Sue Tatum on [suegtatum@gmail.com](mailto:suegtatum@gmail.com)*

