



Registered Charity No: 297015

**Sidings
Community
Centre**

Limited company No: 2139909

**EVERY
TUESDAY
STARTING 22ND
SEPTEMBER**

**FREE QIGONG
FOR
WELLBEING
CLASSES**

**A GENTLE MIND-BODY CLASS COMBINING SLOW
TAI CHI MOVEMENTS AND QIGONG
BREATHING/ENERGY EXERCISES TO IMPROVE
BALANCE, FLEXIBILITY, RELAXATION, AND
OVERALL WELLBEING.**

**Venue: Sidings Community Centre, 150
Brassey Road, NW6 2BA**

FOR MORE INFO:

0207 625 6260

OFFICE@SIDINGS.ORG.UK

