

# Time to Relax - Chi Gong Workshop



*Forgot What it Feels Like to Relax?*

**Relieve Stress and Anxiety**

*Stress and anxiety are common experiences for most people.*

*Time to Relax - Find Balance and Wellbeing*

*Research shows that **Chi Gong** directly help relieve the impacts of anxiety, **depression, stress, mood and self esteem**. In randomized controlled trials, anxiety decreased significantly for the participants who practiced Chi Gong compared to an active exercise group.*

*Chi Gong is a **moving meditation and healing practice** that has been part of traditional Chinese medicine for centuries. Benefits of Chi Gong include lowered stress and anxiety, increased focus, and improved balance and flexibility.*

**When: 16<sup>th</sup> October 2021 Time: 2pm to 4pm Venue: Sandford TAS Cost \$45**

**Booking is essential: Marion 0415 422 321 email: mariondavis56@gmail.com**

**[www.chigongflowyoga.com.au](http://www.chigongflowyoga.com.au)**