



Immune Boosting

*Chi Gong Workshop with Marion Davis
15th January 2022 - 2pm to 4pm - Sandford
Cost: \$45*

Chi gong is an ancient technique to improve your health and wellbeing.

In this workshop we will look especially at a series of techniques of moving Chi (Life Force Energy) through our body. Slow movements combined with deep breathing and gentle flowing stretches will be the main tool and we will finish the workshop with a relaxation practice, to promote a deep sense of calm to awaken your inner healing power.

About the teacher: Marion Davis is a Chi Gong and Flow Yoga instructor and has been training with Master Zhen Hua Yang in his Calligraphy Health System. Marion continues to train with other Masters especially training in the Nei Gong system (internal arts). Marion has been teaching Chi Gong since 2012, moved to Hobart end of 2020 offering Chi Gong training.

***More info and booking: Marion 0415 422 321
www.chigongflowyoga.com.au***