

# **Free 90 min Workshop**

## ***Celebrate our 4 Years***

***in Sandford***

**Sunday 29th September 2pm**



***Free up your spine  
Relax deeply,  
Improve circulation  
and digestion***

*An introduction to Chi Gong and Flow Yoga.  
If you would like to find a deep sense of release  
from tightness and tension, free your breath,  
mobilise your spine, improve your digestion then  
this workshop is for you!  
No previous experience needed.*

Venue 589 Dorans Road Sandford (upstairs)  
Booking by email or sms 0415 422 321  
Limited to 10 people

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

**FREE 90 min session**  
Date: 29th September 2024  
Time: 2pm to 3:30pm

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