

# STRETCH & RELAX

## FIVE ANIMAL QIGONG CLASSES

Starts Wednesday, 10th January 9:30-10:30am

Chudleigh Town Hall, Market Way, Chudleigh, TQ13 0HL.



## SIMILAR TO TAI CHI

- Gentle, easy to follow exercises;
- Beautiful movements based on nature;
- Suitable for any age and physical condition;
- Recommended by Chinese & Western doctors;
- Numerous health benefits;
- Drop-in classes, come along!

[www.houseofmovement.com](http://www.houseofmovement.com)

Pls email enquiries to [houseofmovement@gmail.com](mailto:houseofmovement@gmail.com)

**CALL NOW!**

**07437 332032**

**Accredited Instructor Alda Gomez**

