

Qi gong Class

hosted by Veronica

Practiced in traditional Chinese medicine, Qi gong uses breath, gentle movement, and awareness to balance energy flowing through the body



'Similar to Tai chi but better for your liver'

Saturday 4th July 2026, 1pm – 2pm
during the Summer BBQ at St Anne Line Church
(IN AID OF CHURCH AND PARISH HALL MAINTENANCE FUND)

This class must be pre-booked. Tickets cost £10.
Please contact Tina Marrai at 07941 227743
or marrai@virginmedia.com to book