



QiGong

Beginner Class

Length: 30min; 1hr .

Delivery modes: Onsite & Virtual Classes; Pre-recorded sessions.

Details: This is a gentle exercise, accessible to most levels of fitness. It's a great session - helping to prevent stress-related disorders and boost musculoskeletal health.

Book this for a gentle Morning Wake Up Exercise, a Lunchtime Energy Booster, or a Post-Work Stress Relief session.

QiGong is a meditative movement exercise that helps to promote relaxation. It embodies the 3 regulations of Chinese Medicine, namely body focus (posture and movement), breath focus, and mind focus (meditative components).

These practices are designed to enhance the Qi energy (the body's life force). This practice holds a great number of benefits including:

- Increases Energy
- Improves Bone Density
- Improves Cardiovascular Health
- Aids Digestive Health
- Improves Balance

Connect with WORKBLIS to discuss requirements - hi@workblis.com