

DO YOU WANT TO FEEL BETTER? LESS STRESSED?

TRY QI GONG



QI GONG & MEDITATION

WHAT IS QI GONG?

- Increase energy
- Reduce stress
- Low impact exercise
- Any age
- All fitness levels
- No mat or special clothes

www.burning-brightly.co.uk

EASY SELF CARE FOR YOUR MIND, BODY AND SPIRIT

In person classes:

Dirleton Kirk Hall - Monday 7.30pm

Restoration Yard, Dalkeith Country Park - Thursday 10am

Athelstaneford Village Hall - Thursday 8pm

The Yoga Den, East Linton - Friday 9.30am

North Berwick Bowling Club - Sunday 9am

Find out more at burning-brightly.co.uk
or call Suzi on 07791 627 818

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