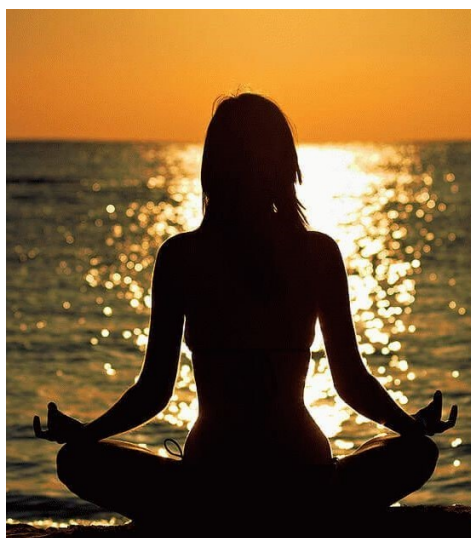


# Elemental Chi Kung in Walthamstow

4-week-course  
£44



**Chi Kung for balance and relaxation**  
**[www.findstillness.co.uk](http://www.findstillness.co.uk)**

When: 4<sup>th</sup> May - 25<sup>th</sup> May 2018, 7 p.m. - 8 p.m.

Place: The Health Works, 111a Hoe Street, London E17 4RX,  
Telephone: 020 8503 7794

[www.thehealthworks.co.uk](http://www.thehealthworks.co.uk)

Payment: <https://ticketlab.co.uk/event/id/1269>

**What is Chi Kung?** Chi Kung (or Qigong) means 'energy work' and is an ancient Chinese art that is similar to Yoga and Tai Chi, but the movements and postures are much simpler. During classes we will be doing warm-ups, stretches, clearing exercises, simple movements, static postures and meditations.

**Teacher:** Heike qualified as a Chi Kung teacher in 2011 at the College of Elemental Chi Kung in London. She continued with the 2-year advanced training of 'Internal Alchemy I and II' and enjoys her continuing professional development with her teachers. Her intention is to help people to be more present, grounded, centered and relaxed.