



Chi Gong Workshop *Release back pain*



With Chi Gong Instructor
Marion Davis

Sat 23rd March 2019



If you would like to find a deep sense of release from tightness and tension, mobilise your spine, with slow, graceful movements using the breath as an anchor, then this workshop is for you!

During this session, we will flow through a beautiful sequence of easy natural movements to nurture the body and mind, promote deep sense of calm and relaxation while improving your energy flow through your whole body.

Venue: The Yoga School, Suit 14 / 159-161 Pease Street Cairns City

Time: Saturday 23rd March from 2pm to 5pm

Cost: \$59 (or \$45 Early Bird booking ends 12th March)

Booking by email mariondavis56@gmail.com or ph

0415422321 www.calligraphyyogacairns.com.au