

# LOTUS QIGONG & MEDITATION WITH JESS

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**7 WEEK ONLINE ZOOM COURSE  
MONDAYS 11.30AM - 12.30PM  
STARTING MAY 18TH**

**WILMA**  
Women's Health Centre

*A soothing journey of Qigong  
based movements and  
meditation using the symbology  
of the lotus flower*

**ALL LEVELS WELCOME**

**BOOKINGS ESSENTIAL**

please email [wilma@wilma.org.au](mailto:wilma@wilma.org.au)

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For any enquiries or if you need help using ZOOM  
please call (02) **4627 2955**