

METAL QIGONG & MEDITATION WITH JESS

**6 WEEK ONLINE ZOOM COURSE
WEDNESDAYS 11.30AM - 12.30PM
STARTING MAY 20TH**

WILMA
Women's Health Centre

Qigong based movements and meditations to aid in purifying & strengthening lungs, Wei Qi & the immune system

ALL LEVELS WELCOME

BOOKINGS ESSENTIAL

please email wilma@wilma.org.au

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