



An Introduction to Wild Goose Qi Gong

With

Gaynor Gaynor

Leighton Village Hall

Sunday June 30th

Gaynor is passionate about the health benefits Tai Chi, and has introduced Tai Chi and Qigong to hundreds of people in North Wales over the past 20 years. She is a Senior Instructor with the Tai Chi Union of Great Britain, (TCUGB) and a certified Qi Gong instructor for Lotus Nei Gong School of Daoist Arts, and has a BSc Degree in Acupuncture and Chinese Medicine

For more information about the above Workshop Contact Alan on 07976 321345 ,