

Mindful Movement through Chi Gung

Join us for some gentle mindful movement through Chi Gung sessions. This is the latest in our Foundations of Calm sessions.

During each session you will:

- ✓ Practise slow graceful movements and controlled breathing techniques (Chi Gung)
- ✓ Appreciate moment to moment awareness.
- ✓ Know better the nature of your mind.
- ✓ Experience how your body can help you respond to stress.

Course Description

Each session will be themed to focus on a series of mindful Chi Gung movements.

Short pauses will allow the opportunity to become more aware of the nature of the mind and body.

About The Course

Duration

60 minutes each week over 6 weeks

Participants

Maximum of 20 people

Dates and Times

Wednesday 28th September to Wednesday 2nd November.

From 11am to 12noon

Where will the sessions be held?

Saint Andrew's Church Hall, Talbot Road, Roker SR6 9PT

How is The Course Delivered?

Face to face guidance by a qualified mindfulness teacher.

Who is Delivering the Course?

The course is being delivered by a local Sunderland based mindfulness company, The Little Company of Calm.

The sessions will be led by qualified and experienced mindfulness teachers.

Who Can Attend?

All are very welcome no matter what your experience of mindfulness or your background.

Do I need to have any experience of mindfulness or Chi Gung?

No, absolutely not.

This programme is aimed at beginners as well as those already practising mindfulness and is open to everyone 18 years and over. The sessions are also accessible for people with differing levels of mobility.

Do I Need to Attend Every Session?

No, but to get most out of the programme it is best to attend all sessions.

Price

£7 per session or £36 for all 6 sessions.

We strongly believe affordability should not be a barrier to accessing mindfulness and donations are accepted.

Great. I'm interested what do I do next?

Book via the website or email us at tlcoc.co.uk and we will be back in touch with you promptly.

