

## Orthodox Jewish Women's Qigong Class



## /omen's Tai chi & Qigon

The Glass House, Springfield Park, Hackney

https://whcic.org.uk/tai-chi-and-qigong/info@whcic.org.uk 07501 681843

Visit the Glasshouse in Springfield Park for Qigong Classes

## **About This Event**

Yi Jin Jing is an ancient Chinese medicinal exercise designed to strengthen tendons, joints, bones, muscles, and internal organs.

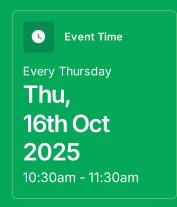
It is suitable for complete beginners and for postnatal women.

Cost: £2 - £10 contribution welcome to cover costs

## **Accessibility Information**

Please use the booking form to book your place.

For more information visit: <a href="https://whcic.org.uk/tai-chi-and-qigong/">https://whcic.org.uk/tai-chi-and-qigong/</a>



Event Price

Pay what you can

**%** Event Location

The Glasshouse, Springfield Park Springfield Park, London E5 9EF

