

Orthodox Jewish Women's Qigong Class



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: <https://whcic.org.uk/tai-chi-and-qigong/>



Event Time

Every Thursday

**Thu,
16th Oct
2025**

10:30am - 11:30am



Event Price

**Pay what you
can**



Event Location

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

