

THE CITY POINT CLUB

Present new classes for

8 TREASURES CHI GONG

(BA DUAN JING)

A CHINESE HEALTH MAINTENANCE SYSTEM

ARE YOU STRESSED, full of TENSION, with low ENERGY levels?

Come and learn these gentle exercises, Suitable for all ages and abilities; with a combination of subtle stretching, deep breathing and co-ordinated movements, helping with balance, posture, and general mobility. 8 treasures chi gong will help you nurture your life force for better health and longevity, this profound programme will give you the key skills of knowledge to transform yourself physically, mentally, emotionally and spiritually by integrating the wisdom of the ancients into modern daily life.

DAYS and TIMES

THURSDAY EVENING

6pm to 7pm. Studio 2

For more information contact Ashley fitness manager or

Sifu Peter Warr on 01908 366957 M 07885 646 365

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