

QIGONG FLOW & YOGA

for Health and Wellbeing

When: ***Every Thursday morning from 10 to 11.30 a.m.***

Where: ***Donau City Church (Youth Room, Right side, down steps)
Donau-City-Strasse 2, 1220 Vienna***

Qigong Flow

works with your own body's energies and is an enjoyable way to maintain a healthy lifestyle. It is an easy and effective approach to movement, flexibility, breath, sound and meditation and uses the imagination to stimulate your nervous system. Everyone in all phases of life can practice this method.

Yoga

This „yoga of awareness“ is combined with breathing exercises, stretching, gentle movements, dance, sound and meditation that allows you to become more aware of your body, mind, spirit and soul. Differentiation allows all ages and fitness levels to achieve what you need for your health. Everyone of all ages can enjoy this practice either sitting or standing. Chairs are available for use.

Benefits

The combination of qigong, yoga, dance and energy work helps to bring a harmonious development in your entire system. You will learn to balance and dance with your natural energies to bring health and wellbeing into your life.

Important

Please bring your own yoga mat, towel and water bottle if possible.

Prices

€15 per class

€55 for 4 consecutive classes

Course Leader and Registration:

Lynn Geertsen-Rowe

Qualified Qigong, Yoga, Dance, Energy Medicine Clinical Practitioner, etc.

E-Mail: lynngeertsen@yahoo.com

Registration is necessary!



*Learn to dance with
your body's energies*

Website: www.energeticbodyguidance.com