

Every Tuesday's @  
Headstone Manor  
Park

FREE  
WEEKLY  
CLASSES  
IN THE  
PARK



## Free Weekly Mobility Classes

Starting Tues 4<sup>th</sup> June at 10am-11am

This class will engage your main muscle groups, get your joints moving and blood circulating in the fresh air of the park.

Designed primarily for the over 60's it is open to everyone. This basic class is to improve your general mobility.

Please bring some water!

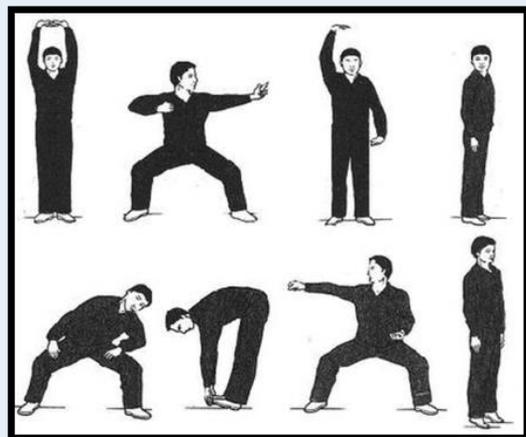


## Free Weekly Qigong Classes

Starting 4<sup>th</sup> June at 11am-12midday

Stress produces a chemical in your body called cortisol. This negatively affects us mentally and physically. Qi gong is Stress Reduction without the stress of exercise!

The result of this session would be "Homeostatis". Balance in the body and mind. Proven relief from Anxiety or Depression. Lower stress, prevent illness & increase longevity.



These gentle, beautiful and flowing movements promote peace and tranquillity to relieve stress, improve fitness and circulation.

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