

**CHI KUNG  
AT  
'FOREST HILL SPACE'**

**Wednesdays, 8.15 – 9.15am – ongoing**

**CHI KUNG is an ancient Chinese form of movement/exercise. Translated it means energy work. It is safe and gentle and can be practised by people of all ages and levels of fitness. Practised regularly, it –**

- ❖ **Helps increase and preserve your energy**
- ❖ **Promotes suppleness and balance**
- ❖ **Develops strengths and stamina**
- ❖ **Encourages a calm, focussed, meditative state of mind,**
- ❖ **Supports the immune system**
- ❖ **leaves you feeling relaxed and energised**

**CLASSES LED BY:**

**Marianna Neururer, a qualified, experienced Chi Kung and Alexander Technique teacher.**

**VENUE:**

**'Forest Hill Space' Havelock Place SE23 3HG**

[www.fhspace.co.uk/map.html](http://www.fhspace.co.uk/map.html)

**Two hours' free parking is available close by in Sainsburys' car park.**

**COST: first session [trial] £5. subsequent sessions to be bought in blocks of four for £20**

**To book, or for more information contact:**

**Marianna Neururer Tel: 0208 699 3234**

**Web: [www.likeatree.co.uk](http://www.likeatree.co.uk) Email: [marianna@likeatree.co.uk](mailto:marianna@likeatree.co.uk)**