

Bubbling
well

Women's workshop

LET GO TO MOVE ON



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Are you feeling stuck, drained or disenchanted?
Are you looking to make an important life
change but afraid to take the leap?
Would you like to feel more flow and vitality in
your life, enabling you to move forward into
exciting new experiences?

If you have been going around in circles over-
analysing everything, maybe it's time to connect
with your body and access your inner wisdom.

The Workshop -What to Expect

In this day-long workshop, Anna P and Sarah will guide you through gentle stretching, breathing exercises and beginner-friendly qigong practices. These activities aim to release tension, boost circulation and calm the nervous system.

Anna C will then facilitate a group session focused on addressing a specific life challenge. Exercises, reflections and discussions will help you gain more clarity about your goals and the steps needed to achieve them.

The day will conclude with assimilation and group discussion. You'll also have the chance to book discounted private sessions with any of the tutors.

Saturday 29th March 2025

10am - 4.30pm

St Luke's Community Centre,
90 Central St, London EC1V 8AJ

£75 (Early bird by 28 Feb 2025)

£95 after

Email to book:
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