

Every month we meet to practice a fusion of mindfulness and Qi Gong based movement.

This model is based on:

Moving with balance from the centre.
Eating with balance from the centre.
Speaking with balance from the centre.

We can become more effective and more compassionate people by simply moving from the centre and building a habitual practice which sustains that centre.

It is interesting what we can learn about ourselves when we are connected to centre and how habits of self doubt, sabotage and low self esteem can be replaced with knowledge of self, confidence in moving our body in space and acceptance of our thoughts as they arise!



THE DETAILS

Monthly workshops.

approx 2 hours duration.

Start at 09.30 through 11.30 am

Cost \$20 per session. Concessions available upon request.

Become a regular and bring a friend to help keep each other accountable.

Saturday:

1st July 2017

12th August 2017

2nd September 2017

7th October 2017

11th November 2017

2nd December 2017



VICKI SAUVAGE
po box 402, glenorchy, TAS. 7010

0427 902 220

MIND IN MOTION



Join me for this new adventure where mindfulness practices meet Qi Gong to bring more focus and balance to our daily lives.





*be centred in your belly so you can
move with ease at all times.*

Looking for health, wellbeing and centredness?

This course will take you through exercises which help re-integrate your body, spirit and mind. There does not need to be a disjunct anymore. We can all connect through the crown of our head to heaven and through the soles of our feet to earth, and then, using our belly (the midpoint) sustain our life force.

The course is suitable for all people with good balance or poor balance, with good awareness of their centre or poor awareness. We will move towards a greater integration of our mind and our body. Where the mind goes the body CAN go when we train both to be integrated and unified.

MOVE WITH AWARENESS

Find your centre. Moving, eating, speaking from our centre can bring greater balance and poise into our lives. You can remain mindful in all aspects of your life.



Write down what you want to achieve and how much time you are willing to spend on finding that balance.

Keep yourself accountable by setting your phone to remind you to attend one or all of the classes.

DETAILS

They run the 1st Saturday of the month: except August and November. See overleaf for all scheduled events.

09.30 am through 11.30 am

Cost: \$20 per session. Bring a friend to share the process and help hold each other accountable

Venue: Mt Stuart Memorial Hall, **downstairs off Darling Pd, Mt Stuart**

