

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!



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## THE DETAILS

3 Monthly workshops.

approx 2.5 - 3 hours duration.

Start at 09.30 through 12.00 pm

Cost \$60 per session.

Concessions available upon request.

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

### **Saturday:**

3rd of March 2018

West Moonah Community Centre -  
Springfield Ave, West Moonah.

12th of May 2018

11th August 2018



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## MIND IN MOTION

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Join me for this 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

3rd of March 2018; May 12th; August 11th - and subsequent ones to be negotiated as I have a big holiday schedule  
for Sept / Oct!

09.30 am through 12 - 12.00 pm (approx)

Venue: West Moonah Community Centre, Springfield Ave, West Moonah.

Cost: \$60 per session. Bring a friend to share the process and help hold each other accountable.

moving towards a greater integration of our mind, body and spirit