

## **Qigong(Sheng Zhen Gong)**

Day: Monday

Time: 9:30-10:30am

Cost: \$86.50

Or \$11 / week

Term: 9 weeks

About the Class: Tutored

Moving meditation for health and inner peace.

Sheng Zhen Gong Strengthens your physical body-improving blood circulation & boosting the immune system. The practice relaxes the mind, balancing the emotions & reducing stress. Ultimately the heart opens, bringing a new understanding & awareness to oneself and one's journey through life.

Materials:

- Wear loose comfortable pants and top that will allow for stretching
- Sports shoes should have reasonable flat soles
- Water

Learning in the Hills is a project of Hills Community Aid.

The leisure learning program provides a range of tutor-led and social groups and classes for residents in the north western and western Sydney.

### Location

Classes are held at Learning in the Hills, Balcombe Heights Estate  
92 Seven Hills Road Baulkham Hills. Turner Buildings 4 & 5

Phone: 9639 7918

Email: [linhills@hca.org.au](mailto:linhills@hca.org.au)

