

Meditation in Motion (Sheng Zhen Gong)

Class: Monday
Time: 12:15 pm - 1:15 pm
Cost: \$86.50 Term
Term: 9 Weeks

About the Class: Tutor Led

Breathe, flow, laugh, Sheng Zhen Gong is a form of Qigong with simple revitalising sitting and standing moving and still meditation forms. Connect to Nature, connect to the Self for more energy, more love, more life.

What to bring:

- Loose comfortable pants and top that will allow for stretching
- Sports shoes with flat soles are ideal
- Bottle of 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 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:** learninginthehills@hca.org.au

