



# OWNING YOUR SPACE

A unique alchemy of creative dance and qigong!

An afternoon of personal enrichment and fun!

Join Susan Robertson, Creative Dance Educator and Sophia Simos, Qigong Facilitator to connect with your very being by way of a unique fusion of expressive dance, gentle, flowing qigong movements, meditation and relaxation.

Creative dance and movement is a contemporary dance form. It is expressive, connecting the mind, soul and body through fluid dance movements.

Qigong is an ancient Chinese practice that works with Qi - Energy of Life. This powerful practice assists the body to remove blocked or stagnated Qi which causes illness, pain and tension. When Qi flow is restored it moves freely and evenly; cleansing, healing and invigorating your entire wellbeing.

The benefits of attending this 1 ½ hour class include:

- **Enrich the spirit through improvisational movement**
- **Balances and strengthens the Qi flow through the body, particularly the Heart, improving function and strength**
- **Opens up playfulness, laughter and rich enjoyment of life**
- **Increases a sense of openness, belonging, sharing, community and service**
- **Improves blood and Qi flow through the body, improving tension, movement, reducing pain and increasing mental function**
- **Gain flexibility, stamina and agility while having fun**

This is a women's only event.

Connect with yourself and a community of women in an atmosphere of creativity, joy and passion!

The Augustine Centre, 2 Minona Street, Hawthorn

Saturday 28 February

2.30pm – 4.00pm

\$59.00 per person, including a handout with qigong dietary and lifestyle tips

Bookings are essential

RSVP by Friday 20 February to Sophia Simos

sophia@goddessofqi.com or call 0430 817 757

