

# Chi Kung are simple movements for wellbeing



They are easy to perform and suitable for all regardless of age and fitness background

They promote flexibility, relaxation, balance, inner peace  
and wellbeing.

They are a very ancient practice originating from China, which spread worldwide.  
They provide countless benefits.

## **Few examples of common issues Chi Kung help to release:**

Physical tensions, aches and pain – stiff joints – frozen shoulder – asthma – back pain –  
stress – shallow breathing – anxiety – sleeplessness – irritability – lack of confidence –  
overwhelming feelings – negative thinking – fears.

**Join in and enjoy a greater wellbeing!**

**Classes in Golspie and Dornoch**

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