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**“At the centre of your being
you have the answer;
You know who you are
and you know what you want.”
*Lao Tzu***

**Come to a one day workshop to experience the ancient practices of Qigong and Meditation in a beautiful setting in the woods. We will be exploring the power of the breath with gentle, flowing movements and stillness, connecting with our own energy and that of nature.**

**Qigong , derived from the Chinese “qi” and “gong” means working with the life force to develop vitality, strength, and wellbeing. Qigong is also a path to greater self awareness and understanding of our true nature.**

**Meditation has been practiced for thousands of years and can be done by people of all faith traditions. With the practice of meditation the mind settles and a sense of ease, tranquillity and joy arise. This can lead to insight and wisdom.**

**Date: Sunday, 13thJuly 2014 Where: In the Big Yurt at Powdermill Woods, Battle Time:10.00pm - 4.30 pm. Investment: £45.00. (£10 deposit to reserve your place) Please bring lunch with you to share. For further details/booking please see below …**

 **Course leaders: Nick Neter, BSC Hons , MRSS, Dip QT**

** Shiatsu Practitioner and QigongTeacher**

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 **and**

 **Yasmin Shah, MSc, MHSc, MEd, Dip QT**

 **Insight Meditation and Qigong Teacher** **yasminonsea@gmail.com** **07870 975176**