



Leeds Mind



For better
mental health

SLOW DOWN & RELAX

Tai Chi & Qi Gong at Inkwell



These ancient Chinese health art dates back over 3000 years;
Originally used to treat arthritis, fatigue and depression;
practised in the West, primarily for health and relaxation.

It combines ; slow movement, posture
breathing and awareness
improves flexibility vitality and promotes feelings
of calmness & stillness which can deepen over time
if practised regularly.

Book now for a 10 week course!

Starting Monday 18th Jan 1.45—3.45

Open to all paid workers, service users & volunteers at Leeds Mind.

Please contact the office to register your interest.

SHIP Office: 0113 2459221

