

# BRISTOL QIGONG HEALING



## FREE STRESS & ANXIETY RELIEF QIGONG CLASS

- Excessive stress can put a lot of pressure on our organs, especially heart and liver as well as hormones, nervous system, blood pressure and so many other things.
- This class helps to reduce stress with simple breathing techniques, automassage, tension and stress release exercises.
- No change of clothing is required to experience this enlightening relaxation leading to ultimate stress relief and improving overall health.

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