

The Essence of the Earth

A Workshop blending Qigong and Creativity



Join us for a gentle, fun, energising workshop where we blend creative art with movement that taps into the energy of Qigong connecting us to the powerful and magnificent energy of the Earth.

Qigong exercises allow us to connect to the earth at a variety of levels, and we will translate this experience onto paper using simple art materials.

We can strengthen our relationship with nature by focusing on one aspect and expressing this through our body, our breath, our mind AND our creative force.

The creative process we will explore allows us to connect with our nervous system - calming and healing our bodies, ready for the Autumn.

No Qigong experience or artistic ability required!



The workshop will be facilitated by Debbie Heaney, Qigong Instructor and Irene Whitehead, Art Therapist who have a vast amount of experience between them and both love connecting with nature.

For further information contact Debbie—07810 704960 / debbie@surreyhillstaichi.co.uk

Irene—07547 162868 / whitehead.irene@gmail.com

Date: Saturday 28 September 2024 **Time :** 10.30 - 13.00

Cost: £50

Venue: St Mary's Church Room,
Petworth Road, Chiddingfold GU8 4SH

To book your place contact Debbie—debbie@surreyhillstaichi.co.uk / 07810 703960