

Qigong @ Express

Qigong aims to gently move energy around the body. Combining mindful movements with slow breath work Qigong offers a holistic approach to health and well-being.

simple repetitive movements
promote relaxation & calmness
suitable for all ages & abilities
varied health benefits
emotional balance
improved sleep
better posture
reduced stress levels



For Autistic People, aged 12+ *
For Parent/Carers and child
For Parent/Carers

At Express, 452 Ewell Road,
Surbiton, KT6 7EL
Mondays, 8.00pm - 8.45pm

Email info@expresscic.org.uk for more information

*under 18 to be accompanied

