



Energy Play Qigong

Exploring the potential in movement and stillness

Qigong for Wellbeing

According to the 2009/2010 figures from the Health and Safety Executive:

- 23.4 million days were lost due to work-related ill health.
- This is estimated to cost the UK £100 billion.

Managing employee wellbeing not only helps to reduce these costs, it can also improve commitment, staff retention, enthusiasm, innovation, reputation and customer satisfaction.

Qigong (pronounced Chee Gung) balances and strengthens the body through natural movement and static postures. It's effectiveness in corporate environments is well known in Asia but the benefits are only just now being explored in the West.

Developed specifically for the western corporate environment, the aims of the simple, elegant form of Qigong employed in the 'Qigong for Wellbeing' program are three fold:

- Take time to calm the mind and improve focus
- Become familiar with simple, effective techniques that help manage daily stresses and tensions
- Explore the effortless power that comes from moving correctly

Fitness and flexibility are not requirements, you don't need to change your clothes (you may need to take off your shoes), the only thing you need is half an hour to explore the potential of this powerful practice.

To book a trial session, get more information or request references please contact john@energyplay.co.uk or call (01473) 890253.