



# 八段錦氣功班

## Eight Pieces of Brocade

Enhance joint and muscle flexibility

增強關節與肌肉柔軟

Reduce stress and improve sleep quality

減壓放鬆  
提升睡眠質素

Boost immune system

增強免疫力

Taught by a qualified Level 2 British Health Qi Gong Instructor.

課堂由英國二級健康氣功合資格導師教授。

Can be performed standing or seated — safe and simple.

Suitable for all ages

可選擇站立或坐姿進行，安全簡單。適合任何年齡人士。

**26 JUN - 28 AUG**  
**EVERY THURSDAY**  
**逢星期四**  
**14:30 - 15:30**



FEE: £ 5 (MEMBER) | £ 6 (NON-MEMBER)  
費用: £ 5 (會員) | £ 6 (非會員)



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