

Radiant Lotus Women's Qigong

Radiant Lotus Women's Qigong is a practice to improve women's health in an holistic way, addressing the uniqueness of the female body and hormonal systems.

Each session will include:

- * Warm up
- * 5 essential movements plus 2 bonus movements
- * RLWQ self massage, lymph massage & acupressure points
- * Shaking, tapping & cupping
- * Tibetan sound healing

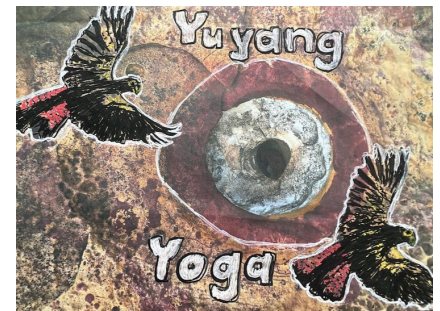
Wednesdays x 6 09 October - 13 November
5:30pm - 6:30pm
Nightcliff Community Centre - Boab Room
18 Bauhinia Street, Nightcliff

No bookings required!

Instructor: Sheila - Yuyang Yoga

P - 0428 444 347

E - daisymaynanna@gmail.com



To find out more about this activity,
contact the instructor directly.

Gold coin donation!

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