

### Radiant Lotus Women's Qigong - The Long Form

RLWQ - The Long Form is a graceful and meditative sequence that connects us strongly to our natural well-being, bringing fresh awareness to our mind, body and heart. It aligns us more completely with the intelligence of our bodies, the spaciousness of our hearts and more insight into our spirit.

It is a deep reflection and dedicated practice, an engaged enquiry where we will explore together how movement and stillness interweave to awaken vitality, restore harmony and discover authentic self-expression.

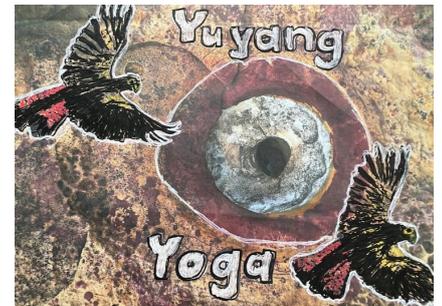
**Thursdays** 02 April - 24 September  
**5:30pm - 6:30pm**  
**East Point Reserve - Dudley Point**  
grassed area

★ **Bookings required!**

Instructor: Sheila - Yuyang Yoga

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

**Only \$5 per session!**

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