**Uplifting and Nurturing Fun Retreat Days**

Come and practice Healing Chi Gong

Learn to use Acupressure for common ailments

Meditate together

Receive Acupuncture in a group session.

Venue- Jordans Quaker Centre

Welders Lane

Jordans

Beaconsfield

HP9 2SN

Everyone is welcome

April 27

June 1

June 29

Timing- 10-4

Lunch 12.30-1.30 Please bring your picnic lunch.

Workshop day investment £50

Treatments in Shiatsu and Acupuncture are available

Please contact-

Gill Croft 07989 141630

gillcroft8@gmail.com