

**New classes starting now!**

# Wild Goose Qigong

- Traditional Chinese movement and relaxation
- Promote health & stimulate acupuncture points
- **Suitable for all ages** and levels of health

# Wing Chun Kung Fu

- Practical self defence and health
- Overcome strength using skill and technique
- Genuine skill passed down from Ip Man to Grandmaster Ip Chun and Master Michael Tse

## Wednesday Evenings

7.00 - 8.00pm - Qigong

8.00 - 9.00pm - Wing Chun

**Stonegravels Parish Centre,  
Sheffield Road,  
CHESTERFIELD S41 7JH**

**07896 977388 [www.derbyshireqigong.org.uk](http://www.derbyshireqigong.org.uk)**

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