



Effective Qi Gong and Tai Chi Chuan **with Robin Gamble**



Would you like overcome pain?

Would you like to increase your vitality?

Would you like to know more about Qi Gong?

You can book a **FREE** 15 minute consultation to discover the benefits of Qi Gong with Robin at the wellness desk.

Qi Gong Therapy

If you have depression, anxiety fear, frustration, burnout, chronic pain or stiffness or something similar... then Qi Gong therapy is for you. These sessions include a deeply personalised program developed through a consultation and use specific Qi Gong movements to address your issue.

From a scientific view point Qi Gong, which uses breathing and movement, engages your para sympathetic nervous system to decrease your heart rate, reduce cortisol (the hormone connected with stress) and improve your blood flow. This is when your body can begin to heal itself from all manner of ailments.

From a traditional view point it stimulates the body's natural energy flow returning you to a state of health and increasing your mobility, flexibility, vitality, inner calmness and happiness.

About Robin

An author and highly respected international instructor who has helped hundreds of people achieve health, vitality and mental clarity, Robin has lived on isolated mountains in China, slept on straw mattresses and endured extremes of weather, all to find the highest quality teaching. He is an Advanced Instructor for the Tai Chi Union of Great Britain, and runs a consultancy, offering training in Stress Management, Resilience & Peak Performance.

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