

# Free Wellbeing Qi Gong in Eastgate Garde

## About the Session

As part of the exciting restoration project for Charles Dickens' historic Swiss Chalet, this gentle and inclusive Qi Gong session offers participants an opportunity to connect with wellbeing, heritage, and nature in a peaceful garden setting.

Working in partnership with Eastgate house, this one-off session is provided by Medway Adult Education.

No previous experience is required. This session will take place outside, in Eastgate Gardens, weather permitting.

### Important:

If you are pregnant, have a heart condition, or any serious health issue, please speak to your doctor before joining.

Booking is essential!

Start Date: 16 July 2026

Start Time: 10:00

Lessons: 1

Weeks: 1

Hours: 1.00

## Venue

Eastgate House  
Eastgate House

ME1 1EW

## WHAT WILL I LEARN ON THIS COURSE?

Participants will:

- Experience a gentle introduction to Qi Gong.
- Learn simple techniques to support physical and emotional wellbeing.
- Improve relaxation and reduce everyday stress.
- Connect with local heritage through the story of Charles Dickens and Eastgate House.
- Enjoy mindful movement in a historic community setting.

## IS THIS COURSE SUITABLE FOR ME?

If you have any health concerns, please speak to your GP before enrolling on this course.

After the course, you are encouraged to continue practising what you have learned to support your health and wellbeing.

## IS THERE ANYTHING ELSE I NEED TO KNOW ABOUT THIS COURSE?

Free of Charge – funded as part of the Charles Dickens' Swiss Chalet Restoration and Community Engagement Project.

## WILL THERE BE ADDITIONAL COSTS?

Please bring:

- A yoga mat
- A cushion (optional, for comfort)
- A bottle of water

Please wait until the course is confirmed before buying anything.

## WHAT COULD I GO ON TO DO AFTER THIS COURSE?

Your tutor can suggest other related courses, such as:

Progression course Wellbeing Qi Gong for Health Ba Duan Jin

Medway Adult Education works with local partners including Child Friendly Medway, Medway Sport, MidKent College, Medway School of Arts and the University of Kent.

Course information is available in our centres, cafés and on Moodle.

For careers advice, contact the National Careers Service on 0800 100 900

For general enquiries, call 01634 338400

## WHAT IS THE ATTENDANCE POLICY

This course is a single session.

- If you are ill or cannot attend, contact 01634 338400 so your tutor can be informed.

## **HEALTH & SAFETY**

### Health and Safety Disclaimer

By taking part in this course, you understand that Qi Gong involves movement and carries some risk.

You agree that:

- You will work within your own abilities
- You will stop if anything feels uncomfortable
- You will dress appropriately and protect work surfaces
- You will follow health and safety guidance provided by the tutor

Medway Adult Education is not responsible for personal injury or damage to personal property.

By attending the course, you confirm that you have read and understood this information.