Wellbeing Qi Gong For Health

Medway Adult Education

R26139A

This course teaches a series of eight gentle movements to help improve your physical and mental wellbeing.
You will learn how to:

- Improve your mood, sleep and concentration
- Build strength, balance and coordination
- Become more aware of your body through gentle movement

The course includes:
- Simple exercises
- Breathing techniques
- Short meditation activities

You can work at your own pace, and the course is suitable for all abilities, including people with limited mobility.
You will also be supported to keep a simple journal to reflect on your progress and share your experiences with others in a supportive group.

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

If you are looking for a course to improve your wellbeing through physical activity, why not book onto one of our courses from the wellbeing active offer?

Start Date: 12 January 2027
Start Time: 11:00
Lessons: 10
Weeks: 10
Hours: 15.00

Venue
Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

WHAT WILL I LEARN ON THIS COURSE?

Learners will:

1. Demonstrate improved flexibility, posture, strength, and balance safely with a variety of Qi Gong movements
2. Develop and deepen techniques for meditation
3. Use your reflection journal at least three times over the duration of the course

Note that each learner will be set specific targets based on the above and their individual starting point.
Whether you would like to learn new creative skills or to investigate the possibility of a new wellbeing -based career, MAE Community Learning courses can provide you with a stepping stone to progress

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.

Everyone learns at their own pace, so you can keep attending until you feel ready to practise on your own.

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

Some sessions will include a written work or forms (for example, health and safety information).

WILL THERE BE ADDITIONAL COSTS?

Please bring:
- A yoga mat
- Warm clothing or a blanket for relaxation
- 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 R25133A 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 runs over multiple sessions.

- We recommend attending at least 85% of sessions
- If you have a planned absence, please tell your tutor in advance
- 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.