

USING QIGONG TO OVERCOME STRESS

Everyone is under some pressure in the workplace. Some external pressures can be a positive factor, helping us to be more productive. Some people actually thrive under short-term added pressure, and our bodies are designed to meet these short-term demands. Hormones including adrenaline are released to prepare us for a "fight or flight" response to demanding situations.

However, excessive and prolonged stress can take its toll, producing a range of physical and emotional health problems which have come to be grouped as "work-related stress".

This short workshop will give insight into stress and how to overcome it using a number of methods, including simple qigong movements, meditation and binaural beats.

Physical symptoms

- increased susceptibility to colds and other infections
- headaches
- muscular tension
- backache and neckache
- excessive tiredness
- difficulty sleeping
- digestive problems
- raised heart rate
- increased sweating
- lower sex drive
- skin rashes
- blurred vision

Emotional & behavioural changes

- wanting to cry much of the time
- feeling that you can't cope
- short temperedness at work and at home
- feeling that you've achieved nothing at the end of the day
- eating when you're not hungry
- losing your appetite
- smoking and drinking to get you through the day
- inability to plan, concentrate and control work
- getting less work done
- poor relationships with colleagues or clients
- loss of motivation and commitment

NEXT WORKSHOPS

28 July 2012—Market Lavington, 930am-1230pm

15 September 2012—Castle Place Leisure Centre, Trowbridge 10am-1pm

"Using Qigong to Overcome Stress" is a 3-hour self-contained workshop, theory and practical based. Participants should dress accordingly, however the practical is not strenuous and can be done seated.

This workshop is limited to **16 people only**, on a first come basis. The cost for the workshop is **£25 per person** and can be paid online via direct bank transfer, Paypal, cheque or (delivered in person) cash.

For details of the workshop and to book your place visit the website www.chikung4health.com. Limited information available on 07811 910214. Email andy.wright@chikung4health.com