



RECOVERY
COLLEGE
REAL-LIFE LEARNING, TOGETHER



Qi Gong: Mindful Movement for Wellbeing

with Brody Runga

When: Mondays (6 weeks), 13 February to 20 March 2017, 6.00pm-7.30pm

Where: Auckland Botanical Gardens, 102 Hill Road, Manurewa

Cost: These sessions are free of charge, however spaces are limited and registration is required.

Find out more and register: www.aodcollaborative.org.nz/events. New registrations welcome each week.

Qi Gong (pronounced Chee Gung) is an aspect of Tai Chi, a martial art that promotes relaxation and well-being. Often referred to as moving meditation, participants are guided through gentle movements which are designed to balance the body, mind and spirit to cultivate health. Following an introduction to Qi Gong, this six session course will allow people to experience an effective way to counteract stress and restore calmness of mind. We invite people to join us for a relaxed and enjoyable group activity that will enhance well-being.

Brody Runga currently provides Consumer Leadership for Odyssey, as well as being involved with both the Counties Manukau AOD Provider Collaborative and DRIVE Consumer Direction Counties Manukau. Brody first started learning about martial arts at a young age and started learning Tai Chi seventeen years ago. He has found the practice of Tai Chi to be extremely helpful in his own recovery journey. Through regular practice, he was able to regain a sense of vitality and harmony in his mind and body, which allowed him to reduce his use of medication and substances, and develop a sense of emotional, physical and mental clarity and regulation.

A big thank you to our supporters: **Counties Manukau Health**, the **AOD Provider Collaborative** and **DRIVE**.
