

# **Staff Pride Network [ONLINE] events: Body Clock Flow (Yoga)**

Allison came to yoga and then Qi Kung (Chi Gong) after 3 decades as a nurse and midwife. She describes them as “something which keeps me sane(ish)!” She is motivated to provide accessible and inclusive practices to enhance wellbeing for all people and loves teaching and practicing them. You can read more about Allison on her website.

The Body Clock Flow is a sequence of Qi Kung movements and is a practice using the principles of Traditional Chinese Medicine in an easy to learn form.

We hope you enjoy this introductory session and we hope to run more opportunities to practice Yoga and Qi Kung with Allison in future.

The first session is: Mon, 25 May 2020 13:00 – 14:00 BST

Please book via EventBrite

Allison Ewing's Website