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- Health and healing*
- Greater well being and vitality*
- Increased energy and vitality*
- Enhanced immune system*
- Deeper, more restorative sleep*
- Improved strength, coordination, and flexibility*
- Balance and coordination*
- Better balance and lower risk of falls*
- Reduced pain and stiffness*
- Reduced stress*
- Greater awareness and calmness*
- Clear and tranquil mind*
- Improved mental clarity and focus*
- Energy flow and cultivation*

Qigong & Taiji

HONEYCOMB HUB

Mondays 2:00 - 3:00pm

AWA

Thursdays 12:30 to 1:30pm

P 250/month 1x a week

Plot 2884 (opp UB)
 (On Chuma Drive, Avani behind you, going towards UB/Riverwalk. At Masoro circle go straight. Take first right, then first left, AWA is second plot on the left.)



Plot 68294, Phakalane Industrial Estates (opposite Aluminium 2000)
 Phone: +267 759 35900

With Nancy
naneky@gmail.com
74471515
www.nancysartnook.com



Mondays 3:15 - 4:15pm
Wednesdays 3:15 - 4:00pm
P 350 per month

JUNIOR KARATE

- Greater well being
- Energy
- Strength, coordination
- Balance and
- Improvement
- Greater awareness
- Self-discipline and self esteem
- Improved concentration
- Energy flow and
- Respect, manners and virtues
- Karate Fun