TIPPERARY WELLNESS
QIGONG & YOGA

tipperarywellness.ie

FOR ACTIVE RETIREMENT · MEN'S & WOMEN'S SHEDS · MEMORY-FRIENDLY GROUPS · DAY CENTRES

Gentle, sociable movement for your group

Slow, low-impact Qi Gong and gentle movement that helps with balance, ease of movement and relaxation. It's done standing or from a chair, in everyday clothes, and no experience is needed.

SESSIONS

ACTIVE RETIREMENT · SHEDS · COMMUNITY GROUPS

For active groups

A sociable weekly session. Mostly standing Qi Gong for balance, steadiness and loosening up, with a chair nearby for anyone who wants it. Plenty of Shed members who'd never go near a yoga class enjoy this. Gentle yoga is available for groups who'd like it.

Mostly standing · No floor work · Everyday clothes

ALZHEIMER & DEMENTIA GROUPS · DAY CENTRES · NURSING HOMES

For care & memory-friendly settings

Fully seated, calm and unhurried. Short, repeated movements that people can follow, plenty of encouragement, and the same simple structure each week so it becomes familiar. Carers and family members are welcome to join in.

Fully seated · Same routine each week · Carers welcome

ALREADY TRUSTED

Sessions people look forward to

Kimberly already runs sessions for Age Action Ireland and the Alzheimer Society in Roscrea and Thurles.

"We've never done anything like it"
Nothing to learn in advance. Follow along from the first minute, at your own pace.

"Some of us can't get down on the floor"
No one has to. It's all standing or seated, and anyone can take a chair at any point.

"Our group is very mixed"
Everyone does the same thing. Each person moves within their own range, so nobody stands out.

THE PRACTICAL DETAILS

SPACE	Any room with chairs and a little standing space
EQUIPMENT	None — no mats, no floor work, ordinary clothes
GROUP SIZE	Flexible
LENGTH	Flexible, from 30 minutes to an hour or more
COST	Quoted to suit your group and the number of sessions. Ask for a quote, including for funding applications.
PAPERWORK	Invoice provided, paid by bank transfer.
INSURANCE	Fully insured

WHAT GROUPS NOTICE

Steadier on their feet · Easier movement · Calmer, brighter mood · Something sociable to look forward to

ABOUT KIMBERLY

A qualified teacher and certified Qi Gong and yoga instructor, based in Templemore. Kimberly has taught at secondary level, worked as an SNA in a primary-school autism unit, and runs sessions for Age Action Ireland and the Alzheimer Society.

BSc (Education) · Qi Gong · IHQGA · 250-hr Yoga · Rainbow Kids Yoga · Yin Yoga · Fully insured

HOW TO BOOK

01 Taster
A one-off session to introduce the group.

02 Block
A 6–8 week series.

03 Ongoing
Weekly or fortnightly sessions.

04 Event
A session for an open day, AGM or wellbeing event.

GET IN TOUCH

Kimberly is happy to call in for a chat, or to run a taster first.

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MORE ONLINE
tipperarywellness.ie/groups/

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