



HEALTH QIGONG
MONTHLY WORKSHOPS
DAOYIN 12 STEPS
& DAOYIN WARM UPS
HEALTH PRESERVATION EXERCISES



MONTHLY DAOYIN ZOOM WORKSHOPS

Incl. Daoyin Warm Ups for Tai Chi & Qigong created by Prof Hu Xiao Fei
with Vicky Ahern-Hardiman @ Chi Clinic Tai Chi & Qigong - Online via Zoom

Saturday's @ 10 am til 11.30 - £20 per session

12th April - 24th May - 14th June

Book & pay in advance please! Stand alone sessions or ongoing.

The purpose of Daoyin Yang Sheng Gong is to increase internal energy circulation through spiritual cultivation & physical exercises to improve health & fitness.

Its soft fluid & harmonious movements aim to improve circulation in the whole body, to loosen the joints, tone up & oxygenate the muscles & calm the nervous system.

Standing fluid enjoyable movements to learn & practice.

We will bend, extend, rotate, step in all directions & move the whole body to improve flexibility & wellbeing.

Contact - Vicky@TaiChiQigong.co.uk Or Phone 07939 553379
www.taichiqigong.co.uk & www.healthqigong.org.uk