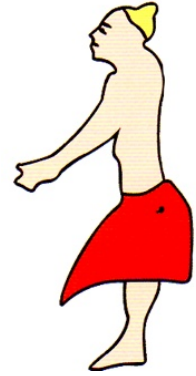
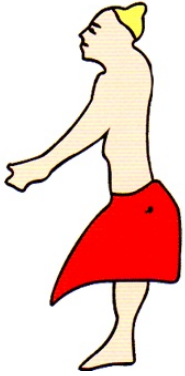




HEALTH QIGONG HALF DAY WORKSHOP INTRODUCTION TO 6 HEALING SOUNDS



SATURDAY 25TH NOVEMBER 2017
with Vicky Ahern-Hardiman @ The Chi Clinic,
Cheam, Surrey (Greater London)
10.00 AM TIL 1.00 PM, COST - £30 - Booking Essential!

An introduction to Health Qigong - 6 Healing Sounds which is a traditional Chinese health & fitness practice focussed on control of the breath. These exercises may strengthen the liver, heart, spleen, lungs, kidneys & triple energiser - balancing the energy & functions of the inner organs through movement & breathing. These exercises feature slow, gentle, extended & graceful movements. Easy to learn & practice, safe & reliable, they are suitable for people of all ages & conditions of health.

VICKY IS AN AUTHORISED BHQA INSTRUCTOR REVALIDATION TRAINER
AND HAS TRAINED IN LIU ZI JUE UNDER
PROF ZHANG MING LIANG IN BEIJING, 2011 - MASTER FAYE YIP IN THE UK, 2012
PROF HU XIAO FEI IN PORTUGAL, 2012 - PROF ZHANG YUN YA IN THE UK, 2017

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