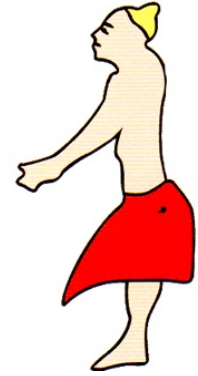
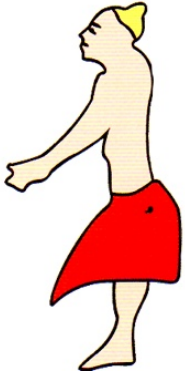




HEALTH QIGONG HALF DAY WORKSHOP INTRODUCTION TO 6 HEALING SOUNDS



SATURDAY 10TH MARCH 2018
with Vicky Ahern-Hardiman @ Cheam Priory
Centre, Cheam, Surrey (Greater London), SM3 8EP
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, PROF HU XIAO FEI IN PORTO, 2012 FAYE YIP IN THE UK, 2011, 2012, 2017 - PROF ZHANG YUN YA IN THE UK, 2017

CONTACT VICKY @ THE CHI CLINIC ON 020 8641 3756 OR 07939 553379
www.taichiqigong.co.uk & www.healthqigong.org.uk