



HEALTH QIGONG HALF DAY WORKSHOP INTRODUCTION TO TAIJI QIGONG STICK



SATURDAY WORKSHOPS 2018
3RD MARCH - 7TH APRIL - 5TH MAY
with Vicky Ahern-Hardiman @ Cheam Priory
Centre, Cheam, Surrey (Greater London), SM3 8EP
11.30 AM TIL 2 PM, COST - £25 - Booking Essential!

Tai Ji Yang Sheng Zhang (Health Preservation Stick) is one of the newer exercises routines created & compiled by the Chinese Health Qigong Association. These exercises are based on traditional cultural ideas of harmony of Yin & Yang, unity of nature & man, harmony of internal & external. It is an interesting & enjoyable system which provides many health benefits & positive effects.

Its graceful movements & smooth transitions are safe & relatively easy to learn, most suitable for those who have already learned & practice other Health Qigong routines or Tai Chi forms as a basis. Although more supple Beginners will be welcome. Please enquire.

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