



# HEALTH QIGONG STICK WORKSHOPS

## INTRODUCTION & PRACTICE OF TAIJI YANG SHENG ZHANG



## MONTHLY STICK WORKSHOPS

SATURDAY'S ONLINE VIA ZOOM

with Vicky Ahern-Hardiman @ Chi Clinic Tai Chi & Qigong  
6th Sept - 4th Oct - 1st Nov - 6th Dec

10 am Til 11.30 pm - Cost: £20

Book & pay in advance please!

Tai Ji Yang Sheng Zhang (Health Preservation Stick) is one of the newer exercise routines created & compiled by the Chinese Health Qigong Association. These movements 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.

The 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 email [vicky@taichiqigong.co.uk](mailto:vicky@taichiqigong.co.uk) for Zoom Invitation.

CONTACT VICKY @ CHI CLINIC ON 07939 553379  
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