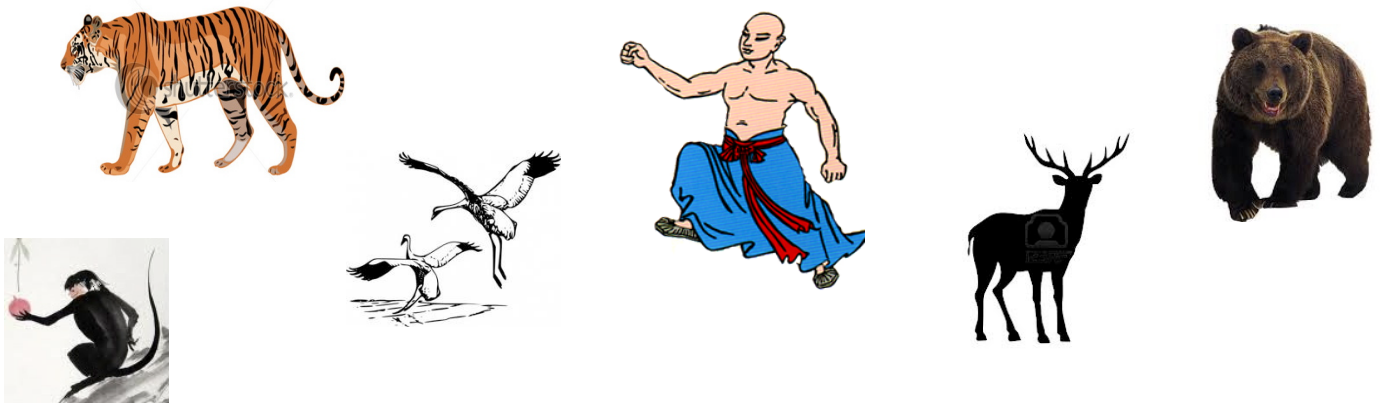




# HEALTH QIGONG WU QIN XI SEMINAR 5 ANIMAL FROLICS BEGINNERS & IMPROVERS



**SATURDAY 9TH MARCH 2019**

**with Vicky, Cheam, Surrey (Greater London)**

**10.00 AM TIL 4.00 PM**

**COST - £40 MEMBERS / EARLYBIRD IF PAID BEFORE 1<sup>ST</sup> MARCH  
OR £50 NON-MEMBERS & AFTER 1<sup>ST</sup> MAR  
TO RE-VALIDATE YOUR BHQA INSTRUCTOR CERTIFICATE – ADD £25**

**VICKY AHERN-HARDIMAN, 5TH DUAN WEI (IHQF)  
IS AN AUTHORISED BHQA INSTRUCTOR REVALIDATION TRAINER  
AND HAS TRAINED IN WU QIN XI WITH VARIOUS MASTERS SINCE 2009.**

**We will be looking at each movement in detail to help with personal  
development & further enjoyment of this most popular qigong system. We will  
practice together to enjoy the energy flow & physical movements towards  
better health benefits.**

**Options for flexibility of choice**

**Whole Day - 10 am til 4 pm, cost £40 Or Half Day - 10 am til 12.30, cost £25.  
For BHQA Instructor Revalidation - Add £25 For Certification**

**Join us for a fun & interesting day to deepen skills  
& refine methods of practice & enjoyment!**

**CONTACT VICKY @ THE CHI CLINIC ON 020 8641 3756 OR 07939 553379  
[www.taichiqigong.co.uk](http://www.taichiqigong.co.uk) & [www.healthqigong.org.uk](http://www.healthqigong.org.uk)**