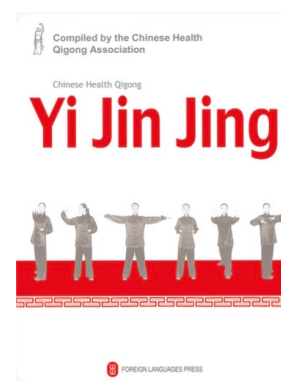
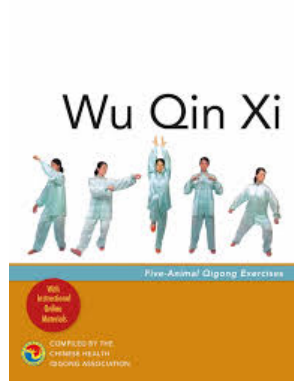




HEALTH QIGONG

WU QIN XI & YI JIN JING

FIVE ANIMALS PLAY &
MUSCLE/TENDON CHANGING CLASSIC
IMPROVER WORKSHOP IN CHEAM



SATURDAY 8TH NOVEMBER 2025
with Vicky, Cheam, Surrey (Greater London)
Improvers Practice & development get together!

10 am til 1 pm - Cost £25 (includes refreshments)
Please book & pay in advance!

If you have practiced Health Qigong Wu Qin Xi (Five Animals Play) &/or Yi Jin Jing (Muscle Tendon Changing Classic) & wish to join our local group in Cheam for an in person or face to face Workshop, you will be welcome.

Our group has been learning & practicing within our Zoom Class on Wednesday mornings for some time & this is a good opportunity to get together to check postures & add corrections where necessary.
Its always good to review forms & deepen practice for improved benefits.

VICKY AHERN-HARDIMAN, 5TH DUAN WEI (IHQF)
IS AN AUTHORISED BHQA INSTRUCTOR REVALIDATION TRAINER,
QUALIFIED TO EACH 9 HEALTH QIGONG SYSTEMS. TEACHING HQ SINCE 2009.

CONTACT VICKY @ CHI CLINIC TAI CHI & QIGONG ON 07939 553379
www.taichiqigong.co.uk & www.healthqigong.org.uk