



FIVE ELEMENTS
SEASONAL QIGONG WORKSHOP
@ The Chi Clinic
Saturday 16th February 2019
11.30 am to 1.30 pm - Cost £15.



We will be working with Health Qigong movements beneficial to
Water Element
Winter Season
Kidney & Bladder channels



Learn how Five Elements Theory of Traditional Chinese Medicine looks at our body, mind & emotions. Practice enjoyable Health Qigong movements from various systems including the use of acu-points & tips for improved practice. Choose your preferred exercise for the season & use it regularly to benefit your wellbeing.

Vicky has studied & practised Acupuncture & Massage alongside teaching Tai Chi & Qigong in Cheam, Surrey for many years & enjoys sharing her experiences & insights in her classes & workshops.



Booking is essential. Contact Vicky now to reserve your place!
Email - vicky@taichiqigong.co.uk or See Fb "The Chi Clinic"

CONTACT VICKY @ THE CHI CLINIC ON 020 8641 3756 OR 07939 553379
www.TaiChiQigong.co.uk