



Chi Clinic Tai Chi & Qigong Live & Zoom Classes

**Late Summer / Autumn
Term with Vicky**



**Regular practice - a new challenge, internal development or both?
Moving meditation - Flexibility & Strengthening - Enjoyable exercise.**

Tuesday's at 9.45 & 11.15 am - Community & Wellbeing Centre, Epsom

OVER 55's - 3 Swings, Open Gates, Tai Chi Qigong 18 Forms, Seasonal Qigong, Health Qigong - Daoyin 8 Step Warm Ups & Foundation Exercises for Wellbeing. Learn to relax & let go of tension whilst moving the whole body, bend, stretch, flow & smile!

Wednesday's at 10 til 11.15 am - Zoom (includes recording)

3 Swings, Open Gates, Seasonal Health Qigong - Wu Qin Xi or 5 Animals Play plus a revisit to Health Qigong Yi Jin Jing (Muscle Tendon Changing Classic) Development - Muscles - Tendons - Bones - Meridians - Internal Organs - Awareness - Connection. Learn from the comfort of your own home at your own pace!

Thursday's at 12.15 til 1.30 pm - St Andrew's, Cheam

Qigong for all - Tai Chi Qigong 18 Forms, Daoyin Warm Ups, Seasonal Exercises. Learn to relax & let go of tension whilst moving the whole body, bend, stretch, flow & smile! Beginners & Improvers welcome for this enjoyable exercise & moving meditation.

Friday's at 12 til 1.30 pm - St Andrew's, Cheam

Health Qigong Ba Duan Jin (8 Treasures/Brocade) & Tai Chi 24 Forms working on the Tai Chi Principles for depth of practice. Fitter Beginners & Improvers welcome for this developmental class!

Saturday Monthly Health Qigong Stick Workshops at 10 am til 11.30 - Zoom

6th Sept - 4th Oct - 1st Nov - 6th Dec

3 Swings, Open Gates, Developing Stances & Stretching the whole body! Health Qigong - Taiji Yang Sheng Zhang or Health Preservation Stick Exercises. Course of 3 or Stand alone Workshops!

Saturday Monthly Daoyin 12 Step Refresher Workshops at 10 til 11.30 am - Zoom

20th Sept - 18th Oct - 22nd Nov - 13th Dec

3 Swings, Open Gates, Stances & Daoyin 8 Warm Ups (Prof Hu Xiao Fei), Seasonal Tips, Health Qigong - Taiji Yang Sheng Gong 12 Step (Health Preservation Exercises). Course of 3 or Stand alone Refresher Workshops.

I am pleased to share these practices with you, to keep us all mobile, healthy, interested in our own development & happy throughout the Late Summer & Autumn.

Contact: VICKY@TAICHIQIGONG.CO.UK

Or Phone: 07939 553379 For Info, Zoom Invitation & Enrolment. Beginners welcome
Cost £10 per Class - £20 per Weekend Workshop