

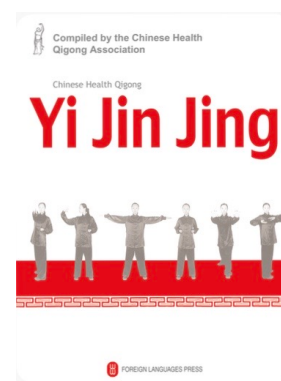
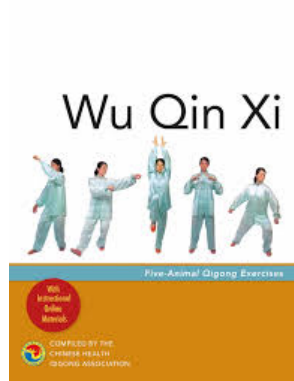


HEALTH QIGONG

WU QIN XI & YI JIN JING

FIVE ANIMALS PLAY & MUSCLE/TENDON CHANGING CLASSIC

WEEKLY ZOOM IMPROVER CLASSES



Late Summer / Autumn Term 2025
with Vicky, Cheam, Surrey (Greater London)
Includes 3 Swings, Opening Gates & Seasonal Qigong practices

10 til 11.15 am - Cost £10 (includes recording)
Please book & pay in advance!

Health Qigong Wu Qin Xi or Five Animals Play & Yi Jin Jing or Muscle Tendon Changing Classic are authentic Chinese Health & Wellbeing Systems drawing on ancient methods & have been developed, simplified & standardised on the modern theories & methods of health science so as to be smooth & coherent sets of movements. Enjoyable powerful though slow meditative movements which help to rejuvenate our body, mind & spirit. Open for all who wish to learn or improve their Qigong practice, energy, flexibility & wellness.

Join us for our weekly Online class of learning & practice!

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.

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