



HEALTH QIGONG  
MONTHLY WORKSHOPS  
**DAOYIN 12 STEPS**  
& DAOYIN WARM UPS  
HEALTH PRESERVATION EXERCISES



## MONTHLY DAOYIN ZOOM WORKSHOPS

Incl. Daoyin Warm Ups created by Prof Hu Xiao Fei  
with Vicky @ Chi Clinic Tai Chi & Qigong - Online via Zoom

Saturday's @ 10 am til 11.30 - £20 per session

**25th Jan - 22nd Feb - 22nd Mar**

Book & pay in advance please!

The purpose of Daoyin Yang Sheng Gong is to increase internal energy circulation through spiritual cultivation & physical exercises to improve health & fitness.

Its soft fluid & harmonious movements aim to improve circulation in the whole body, to loosen the joints, tone up & oxygenate the muscles & calm the nervous system.

Standing fluid enjoyable movements to learn & practice.

We will bend, extend, rotate, step in all directions & move the whole body to improve flexibility & wellbeing.

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