



# HEALTH QIGONG WU QIN XI FIVE ANIMALS PLAY WEEKLY ZOOM CLASSES



**WEDNESDAY'S for Springtime 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 is an authentic Chinese Health & Wellbeing System drawing on the ancient methods created by the famous physician, Hua Tuo 2000 years ago. It has been developed, simplified & standardised on the modern theories & methods of health science so as to be a smooth & coherent set of movements. Enjoyable powerful though slow meditative movements 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 ALL 9 HEALTH QIGONG SYSTEMS &

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