

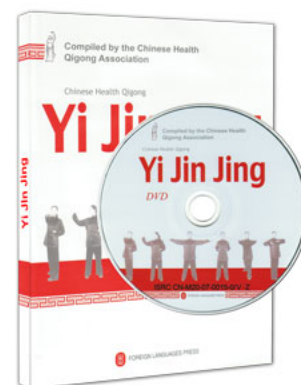
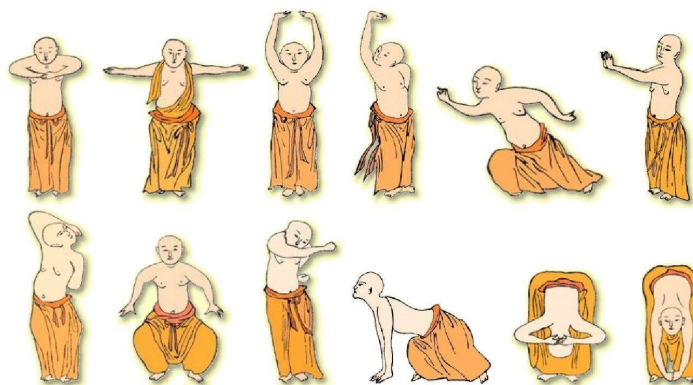
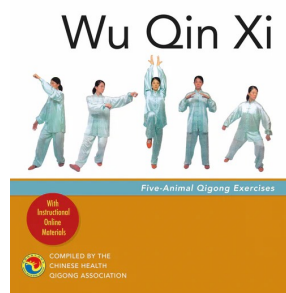


HEALTH QIGONG

YI JIN JING & WU QIN XI

MUSCLE/TENDON CHANGING CLASSIC & 5 ANIMALS PLAY PRACTICE SESSION

WEEKLY ZOOM CLASSES



WEDNESDAY'S for WINTER Jan - Mar 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 email/message for Zoom Invite & Book your place!

Health Qigong Yi Jin Jing or Muscle/Tendon Changing Classic & Health Qigong Wu Qin Xi or 5 Animals Play 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 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 &
HAS TRAINED IN HEALTH QIGONG WITH VARIOUS MASTERS SINCE 2009.

CONTACT VICKY @ THE CHI CLINIC ON 020 8641 3756 OR 07939 553379
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