



HEALTH QIGONG STICK WORKSHOPS

INTRODUCTION & PRACTICE OF
TAIJI YANG SHENG ZHANG



MONTHLY STICK WORKSHOPS

SATURDAY'S ONLINE VIA ZOOM

with Vicky Ahern-Hardiman @ Chi Clinic Tai Chi & Qigong
7th September 2024

10 am Til 11.30 pm - Cost: £20
Book & pay in advance please!

Tai Ji Yang Sheng Zhang (Health Preservation Stick) is one of the newer exercise routines created & compiled by the Chinese Health Qigong Association. These movements are based on traditional cultural ideas of harmony of Yin & Yang, unity of nature & man, harmony of internal & external. It is an interesting & enjoyable system which provides many health benefits & positive effects.

The graceful movements & smooth transitions are safe & relatively easy to learn, most suitable for those who have already learned & practice other Health Qigong routines or Tai Chi forms as a basis. Although more supple Beginners will be welcome.

Please email vicky@taichiqigong.co.uk for Zoom Invitation.

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