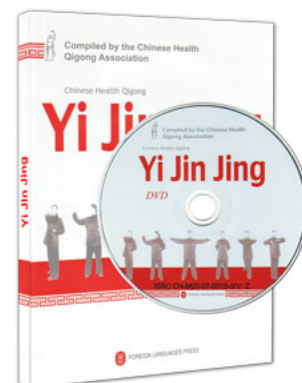
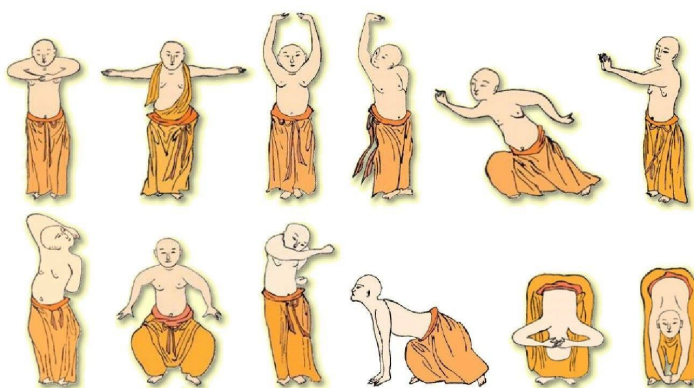




HEALTH QIGONG YI JIN JING

MUSCLE/TENDON CHANGING CLASSIC
WEEKLY ZOOM CLASSES



**WEDNESDAY'S for Summertime 2024
with Vicky, Cheam, Surrey.**

Includes 3 Swings, Opening Gates & Seasonal Qigong practices

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

Health Qigong Yi Jin Jing or Muscle/Tendon Changing Classic is an authentic Chinese Health & Wellbeing System coming from the Buddhist tradition of the Shaolin Temple. 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 LEVEL 4 INSTRUCTOR & REVALIDATION TRAINER,
QUALIFIED TO TEACH ALL 9 HEALTH QIGONG SYSTEMS &
HAS TRAINED IN QIGONG WITH VARIOUS MASTERS SINCE 1998.**

**CONTACT VICKY @ THE CHI CLINIC ON 020 8641 3756 OR 07939 553379
www.taichiqigong.co.uk & www.healthqigong.org.uk**