



# HEALTH QIGONG PRACTICE WORKSHOP INTRODUCTION TO TAIJI QIGONG STICK



## HEALTH QIGONG STICK EXERCISES SOME SATURDAY'S ONLINE VIA ZOOM

with Vicky Ahern-Hardiman @ Chi Clinic Tai Chi & Qigong  
11 AM TIL 12.30 PM, COST - £15  
(or Donation if finances are affected at this time).

Tai Ji Yang Sheng Zhang (Health Preservation Stick) is one of the newer exercises routines created & compiled by the Chinese Health Qigong Association. These exercises 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.

Its 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](mailto:vicky@taichiqigong.co.uk) for Zoom Invitation.

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