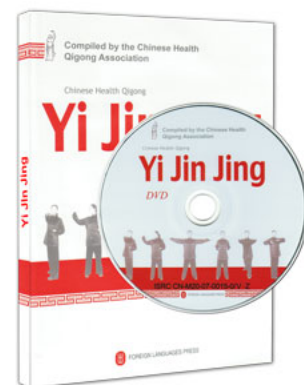
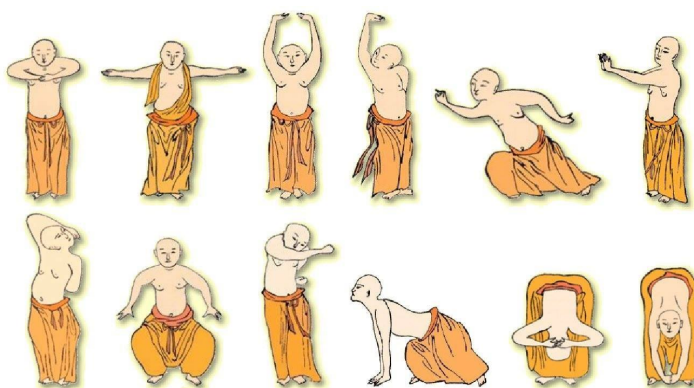




HEALTH QIGONG YI JIN JING

MUSCLE/TENDON CHANGING CLASSIC
WEEKLY ZOOM CLASSES



WEDNESDAY'S for Springtime 2024
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 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 INSTRUCTOR REVALIDATION TRAINER,
QUALIFIED TO EACH ALL 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
www.taichiqigong.co.uk & www.healthqigong.org.uk