

TAI CHI QIGONG

MINDFULNESS THROUGH MOVEMENT

Join us for a day of Qigong Sunday 21st April 2024

Morning Session 10:00 to 13:00

Tai Chi Shibashi set 1

The morning session will start with a gentle warm up and then focus on Taiji Shibashi set one. This session is suitable for complete beginners and for experienced practitioners who wish to refine their technique.

Tai Chi Shibashi or 18 movement Qigong is based on the philosophy and principles of Yang style Tai Chi Chuan. It is a beautiful, gentle and flowing style of Qigong that is easy to learn, extremely relaxing and beneficial to health and wellbeing.

Afternoon Session 14:00 to 16:00

Primordial Qigong

In the afternoon we will immerse ourselves in Primordial or Hunyuan Qigong, a rare and powerful system from the ancient Taoist tradition.

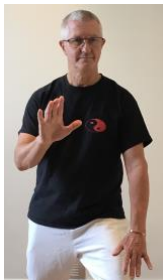
Hunyuan Qigong comprises 12 accessible, meditative exercises to cultivate, rejuvenate and revitalize one's Qi or vital force.

This Qigong is an effective practice to cleanse our internal organs, releasing toxins, stresses and other negative energies back out into the Universe.

Investment for the day: £50.00 - Morning only £30.00

Venue: Bodywise Pilates. Volpoint House, Blakey Road, Salisbury SP1 2JG

For more information visit our website: www.shiatsu.co.uk



Andrew Parfitt

Andrew runs the School of Five Element Shiatsu and is an experienced Qigong and Shiatsu teacher and acupuncturist

Andrew has been practicing qigong and martial arts for over 35 years.

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