

# TAI CHI QIGONG

MINDFULNESS THROUGH MOVEMENT

Join us for a day of Qigong Sunday 30<sup>th</sup> June 2024

## Morning Session 10:00 to 13:00 Tai Chi Shibashi Set 2

The morning session will start with a gentle warm up and then focus on Taiji Shibashi set two. 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 Tai Chi Shibashi Set 3

In the afternoon we will immerse ourselves in Shibashi set 3

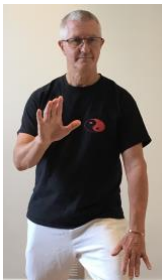
This set involves working with energy on a deeper and more subtle level and is designed to build up our internal energy, focusing on the flow of Qi (Vital Energy), fluidity of movements and coordination. In set three the mental aspects of intention and awareness come into play and are essential to the movements.

This set is only suitable for those who have previous experience

**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](http://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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