

# Healing Tao Qigong

**20 - 21 March 2021**

**in Oxford or Online**

**Create a foundation of health and well-being**



## Learning Qigong can help you feel, move and work with energy in your body

These practices are simple techniques and practices, which support to enhance vitality, inner balance and harmony. Learn how to transform negative emotions like stress and anger into life force again. We nourish simplicity and connect with the warmth of our heart. The exercises dissolve stagnation and blockages in our emotions, bodies and minds thereby strengthening the immune system, harmonising the hormone system and energising and strengthening the bones. The body already has everything it needs to heal itself; it is only a matter of learning the simple exercises that help us activate this innate energy in us.



**The Cosmic Orbit:** Learn how to circulate Qi (life-force) in your body, plus Qigong postures to correct and maintain a good body structure. Once the Cosmic Orbit is open, your vital organs will benefit from a free flow of energy. Then even a small amount of daily practice will generate a feeling of balance to last throughout the day. Additionally, **The Inner Smile** meditation and **The Six Healing Sounds** will help you transform negative emotions into healing power and creativity. Daoism is a living philosophy and techniques continue to change and improve fitting into our modern day lifestyles. This gives the Dao such appeal; this wisdom is alive and not stagnated in the past. This Tao Basic seminar is perfect for practitioners of all levels and is a great opportunity to start practising Qigong or build upon your existing practice. This seminar counts towards the Qigong Teacher training 2021

**Venue:** Oxford, Canterbury or online via zoom

**Saturday 10am - 5pm      Sunday 10am - 4.30pm**

**Early Bird tuition fee: \$220** - after 1<sup>st</sup> Feb \$320; **Refresher:\$150** - after 1<sup>st</sup> Feb \$260  
 For Associate Instructors: **\$95** - after 1<sup>st</sup> Feb \$130; Request options for instalment payment

Enrol me for the workshop **Healing Tao Qigong 20-21 March 2021**      Tuition \$ \_\_\_\_\_  
 and I will pay in full/or confirmation fee \$110       I will attend in Oxford or  online via zoom  
 Eligibility: There is a cancellation fee of \$35 until 5<sup>th</sup> Feb, \$70 until 1<sup>st</sup> March, \$110 until 12<sup>th</sup> March. Thereafter the entire seminar fee is due if no replacement participant is provided. You can transfer your place to someone else.

and I will pay the rest until 18<sup>th</sup> March \$ \_\_\_\_\_      Bank transfer: Tao Motion 38 9006 0298478 00 Kiwi Bank  
 I take responsibility for myself and I accept the conditions of participation

Name..... Street.....

Town..... Postcode.....

Phone..... E-Mail.....

Date ..... Signature .....