

Healing Tao Qigong

Saturday 18 September 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

Learn the practices and meditations of the foundation of this Qigong system, which generally serves self-healing: they improve health, release energetic blockades increase and refine energy in the body and strengthen your "grounding".

The cleansing and balancing of the internal organs has above all the aim of creating a "good and stable internal climate": The basic Qigong practices like **the Healing Sounds** and **the Inner Smile** serve to transform the negative emotions internally – through our intention, combined with the vibration of the sound and the physical movements – to lead toxins out of the body and to strengthen the harmony of the organs among each other. This not only cleanses the body internally, but also develops a balanced and cheerful attitude of mind.



Even a small amount of daily practice can generate a feeling of balance to last throughout the day.

All exercises are easy to learn. It won't take extensive practice before you feel more centred and powerful.

This Tao Basic seminar is perfect for practitioners of all levels and is a great opportunity to start practicing Qigong or build upon your existing practice. This seminar counts towards the Qigong Teacher training certificate in January 2022

Venue: Oxford, Canterbury or online via zoom

Saturday 18 Sept 11am - 2pm 3pm - 5.30pm

Incl. short morning and afternoon break; 1-hour lunch break

Tuition fee: \$110 (paid after 25 August **\$150**) **Refresher: \$90** (paid after 25 August **\$120**)

A recording will be made and be able to be accessed for 2 weeks.

Enrol me for the seminar **Healing Tao Qigong 18 September 2021** Tuition fee \$ _____
and I will pay in full I will attend in Oxford or online via zoom

Eligibility: There is a cancellation fee of \$25 until 5th September. Thereafter the entire seminar fee is due. For online participation: after the access link have been assigned, cancellation is no longer possible, as the recordings of the seminar can be viewed for up to 14 days after the seminar date. Installment payments are available.

and I will pay the rest until 5th September \$ _____ 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