

Taijiquan and Qigong



Following the principles of Traditional Chinese Medicine, Taijiquan (tai chi Chuan) and Qigong seek to restore and regulate the flow of ones Qi (Vital energy) and blood circulation. This is achieved through mindful attention of correct postural alignment, regulation of breathing and relaxed, effortless movement which together unify and integrate the entire body and mind. The primary aim is to develop ones Internal Strength in order to enjoy an enduring and healthy life.

FROM SEPTEMBER 18TH 2019

Yang Style Taijiquan: Wednesdays 10.00 - 11.30

Qigong and Taiji Principles: Wednesdays 11.45 - 12.45

Charlbury Methodist Church

Cost: £85/£130 for 12 weeks or £9/13 per session)

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threetreasurestaiji.co.uk

Affiliated to Chinese Internal Arts Association