

Peaceful Dragon Qigong

A new online course starting Thursday 6th Feb, 9:30am - 10:30am

Peaceful Dragon Qigong is a set of 10 movements which puts us in touch with the qualities and transforative nature of our inner Dragons:

Wisdom, Flexibility, Adaptability.

This 18 week course will be recorded so you can keep up even if you can't make the live class.

£55 for each 6 week term.

email [Alec](#) to reserve your place and receive the Zoom link



- Dragon Walking
- Flying Dragon
- Dragon Shakes Its Spine
- Snake Sheds its Skin
- Dragon holds the pearl
- Flowing Dragon x 4
- Swimming Dragon

- Seated moving meditation
- Standing moving meditation

