

Taiji Ruler Exercises

7 week course starts Tuesday 3rd November
10:00am - 11:00am

Can't make that time? No problem, each class will be recorded and available to watch online at anytime.

Fee: £70

The movements taught in these sessions are practiced as individual Qigong exercise focusing on flexibility, breath and energy awareness.

The use of the Ruler enhances and develops the opening of the Laogong energy points in the palms which increases and strengthens your sensitivity to feeling Qi.

Book your place by emailing me info@dragonspringtaiji.co.uk

Best wishes

Alec

Above is a traditional Taiji Ruler. It has a specific shape which can be applied to self-massage as well as massaging others.

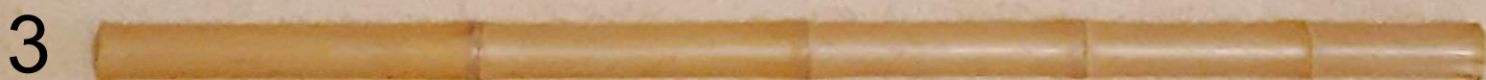
There is no need to buy a traditional Ruler, you can buy a simple wooden rolling pin for a few of pounds in most large supermarkets.



You will need some kind of stick for these sessions about the length of your forearm
see next page for some options



1. a specially designed Taiji Ruler
2. a specially designed Taiji Short Stick
3. a piece of garden cane
4. a wooden rolling pin



this rolling pin is 40cm long