

Nine Phases Qigong

A new online course starting Tuesday 9th September 11:30am to 12:30pm

This 12 week course will be recorded so you can keep up
even if you can't make the live class.

£60 for each 6 week term

email info@dragonspringtaiji to reserve your place and receive a Zoom link

This Qigong set consists of nine gentle movements divided into 3 sections.

The first 3 Phases focus on the level of the Body, lower dantian. This Builds Qi
as elixir, internal medicine.

The middle 3 Phases focus on the level of Heart-Mind, middle dantian. This
works with building mental resilience and tolerance.

The last 3 Phases focus on building and storing Qi. Here we are working with
the upper dantian which relates to the non-physical parts of our being – spirit,
essence, intrinsic nature.

So...

nine meditative movements to bring a deeper sensation of your whole being.

