

Primordial Qigong

混原氣功

Primordial Qigong is a set of 12 movements that we can use to consciously re-connect with the Primordial energy of the Universe (Wuji)

This is an ancient sequence of 12 simple movements. It's purpose is to reconnect with the primal energy of the universe, the undifferentiated Qi (Wuji) before it split into Yin and Yang.

We are individuals, but also part of a whole, the original primal energy, the oneness from which duality arose.

The course will be recorded so you can keep up even if you can't make the live class

email Alec to reserve your place and receive the Zoom link



Fees: £55 per 6 week term
The course will run for 18 weeks