



Longfei Taiji Quan Association of Great Britain
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Qi Gong - Daoyin Seminar

AM: Bao Jian Gong | PM: Yi Qi Yang Fei Gong

with Simon Watson, 6th Duan Beijing University and President of the English Daoyin Yang Sheng Gong Federation.

Saturday 25th February, 9.30 - 16.30

Lochinver House School, Heath Road, Little Heath, Potters Bar, Hertfordshire, EN6 1LW

Suitable for all levels

Simon will use the forms as a vehicle to explore and grasp a deeper understanding of the internal aspects of these wonderful exercises. From learning these movements you will gain a greater understanding of the methodology for correct practice which will lead to a more enjoyable, healthier and beneficial result. These sets have proved most popular in both China and abroad.

The aim of the seminar will be to go back to basics and focus on the following:

this relates to movements

particular acupuncture points during movements

Bao Jian Gong (General Health Exercises)

Yi Qi Yang Fei Gong (Reinforce energy and nourish the Lungs)

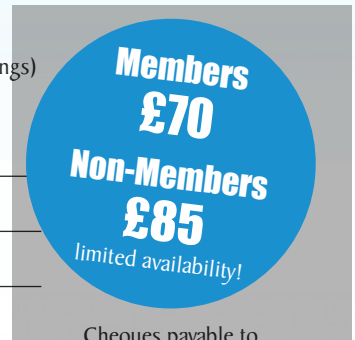
with Simon Watson - Sat 25th Feb 2017

Name: _____

Address

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Cheques payable to
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