



Qigong Class

What is Qigong?

Qigong is an ancient Chinese healthcare system that integrates physical postures, breathing techniques and relaxed focus intention.

Qigong means “Energy Cultivation” and through the practice of smooth flowing exercises this encourages the body to increase energy, improve health, vitality and is widely used for healing in the Far East.

Where and when?

This class is a beginner / intermediate class, with a focus on improving health and fitness. No prior knowledge of Qigong or Tai chi is required.

Where: Brenchley Memorial Hall Friday morning
Time: 11:00 – 12:00
Cost: Lessons are in blocks of 10 weeks £90 (Per Class £13)
Class size Maximum of 12 students

Who can learn?

Anyone can enjoy Qigong it is practiced by all ages. The exercises you learn can be applied to everyday living. You can train on your own or in a class, indoors or outdoors, with minimal room, and doesn't require special clothing or equipment. The goal is to improve the health of both the mind and body.

About the Instructor:

Alan Austin, I have been teaching Tai Chi and Qigong for 14 years, Qigong is core part of all Chinese internal martial arts. The style of Tai Chi I teach is called Wudang. I am a level 7 instructor, and a registered advanced instructor with the Tai Chi Union of GB.

Contact details:

If you would like to know more about learning Qigong or Tai Chi, please feel free to contact me.

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