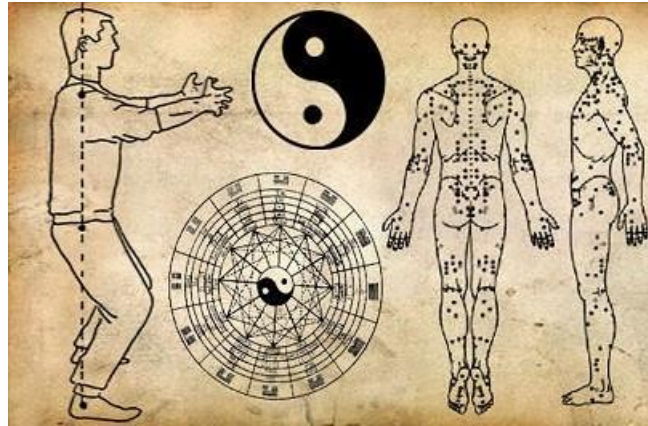


Qi Gong Classes with Allan Tuesdays 10.15-11.45



Eternal Spring Dao Yin is a set of simple dynamic movements for health and vitality practised while standing and stepping. This ancient Taoist art has a number of quantifiable health benefits that western medicine is just starting to understand.

Qi gong is practiced slowly and mindfully in time with the breath. It is deeply relaxing and rejuvenating, suitable for all ages and abilities.

Contact Allan: allan@thetao.study

£15.00 per Lesson £70.00 for a block of five lessons to be used within 8 weeks.

