



The Tai Chi Union for Great Britain
presents



A one day festival of Qigong

Qigong (Chi Kung)

Qigong is a term applied to a myriad of methods for cultivating, regulating and balancing the energetic system (Qi). Over many centuries the Chinese have developed 1,000s of forms, techniques and systems to optimise the body's natural healing energy.

The Day

The day will feature key local and internationally acclaimed teachers offering meditation, practical workshops and lectures showcasing a number of different approaches to the arts.

The Programme

11.15 - 11.45	Meditation	Charlie Gorrie
12.00 - 13.00	Health Qigong Wu Qin Xi (5 animals)	Faye Li Yip
13.00 - 13.15	Meditation	Charlie Gorrie
13.15 - 14.30	Lunch Break	
14.15 - 14.30	Meditation	Charlie Gorrie
14.30 - 15.30	5 Point Auricular (ear) Massage	Dr Hong
15.30 - 16.30	Medical Qigong	Bob Lowey
16.30 - 17.30	Taiji Qigong	Ronnie Robinson

When

The event takes place on Sunday 29th November 2009

Where

The event will take place at Partick Burgh Halls, 9, Burgh Hall St, Glasgow, Lanarkshire G11 5LW

Cost

The cost for the day is £40 or £33 for members of the Tai Chi Union for Great Britain.

Certificate

The Tai Chi Union for Great Britain will issue a Certificate of Attendance to all participants.

Booking

To ensure a place at this event please email your details to promo@taichiunion.com or call 0141 810 3482 or 07774 985411

Enquiries

If you have any questions contact Ronnie Robinson as per details above.

Evening Meal

A number of individuals will be going for a traditional Chinese banquet in central Glasgow. the price will be £12 per person. If you want to join us please let us know beforehand so we can reserve places.