

Spring Qi Gong & Taiji Workshop

Sunday 18th March 2018 Woodchester Mansion 10am-4pm

Immerse yourself in day of Qi Gong & Taiji to experience a deepening and refining of your practice. Woodchester Mansion provides an ideal environment, a tranquil Gothic Mansion set in a beautiful secluded valley of 23 acres.



You will have the chance to practice many different forms of Qigong, such as Taiji Qigong Shibashi, Animal Forms, Healing Sounds, Chen style Taiji Silk reeling and possibly some Chen and Sun style forms. We will also explore sitting, standing and walking Meditation exercises. There are opportunities to practice outdoors by lakes and amongst the woodland.

Teachings will be offered by Jeff Docherty and Mark Collins, both having 20+ years of experience. For more info about this wonderful and unusual venue see www.woodchestermansion.org.uk

Bookings:

- The Workshop costs £65; incl. lunch, all drinks and tuition. Advisable to book early to avoid disappointment

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