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| **Qi Gong - Daoyin Seminar****Daoyin Yangsheng Gong 12 Routine (Shi Er Fa)****Presented by Martin Wilkinson (member of Longfei Tai Ji Association of GB & Qigongtauk)****With Simon Watson, 7th Duan Beijing University and President of****the English Daoyin Yang Sheng Gong Federation** **£45 Saturday 19th April 2025 £45** **10.00 – 16.00****Dunn Memorial Hall, St Johns Church, Church Street, Largs. KA30 8DF****# Suitable for all levels #****Simon will use the form 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 worldwide. p.s…… a short pencil for notes, is better than a long memory!****The aim of the seminar will be to go back to basics and focus on the following:****Improve practice and understanding*** **Study both cultural TCM theory and how this relates to movements**
* **Where, how, what and why we focus on particular acupuncture points during movements.**
* **The major principles of Daoyin practice.**

**To reserve a place, contact Martin m. 07702 647933**  **email** **mawilkins47@gmail.com****Payment details will be provided on contact.**  |