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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**](mailto:mawilkins47@gmail.com)  **Payment details will be provided on contact.** |