



Longfei Taiji Quan Association of Great Britain
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Qi Gong - Daoyin Seminar

Daoyin Yangsheng Gong 12 Routine Revision and Corrections

Daoyin Qigong Warm up Revision

with Simon Watson, Disciple of Professor Zhang Guangde, 6th Duan Beijing University
and President of the English Daoyin Yang Sheng Gong Federation.

Saturday 23rd February, 9.30 - 16.30

Lochinver House School, Heath Road, Little Heath, Potters Bar, Hertfordshire, EN6 1LW

Suitable for all levels

Simon will use the forms 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 in both China and abroad. The seminar will be supplemented by detailed paperwork available on the day.

The aim of the seminar will be to go back to basics and focus on the following:

- Improve practice method and understanding
- Study both cultural and 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.

Daoyin Yangsheng Gong 12 Routine

with Simon Watson - Sat 23rd February 2019

Name: _____

Address _____

Postcode: _____

Email _____



Cheques payable to
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