

Three days Tai Chi workshop with Patrick Leung from Canada

April 12, 13 and 14 2024

Journey of Internal Cultivation continues

- Apply fundamentals and Eight Methods in Tai Chi moves.
- Practice reverse abdominal breathing with Dantian rotation in Standing meditation.
- Practice tapping after Tai Chi and/Qigong to disperse the accumulated Qi from the main meridians to all the branches.
- Review the first few moves in the Eight Brocades Qigong, and complete the refinement on the rest of the moves.

Location: Dorpscentrum Spaarndam, Ringweg 36, 2064 KK, Spaarndam

Cost: 3 days €190 / 2 days € 140 / 1 day € 80 (Lunch, refreshments included)

Times: All days from 9h30 am to 4h30 pm

Registration: Send email to Frank.Krom@XS4ALL.NL
or call +31 621 836 923 before March 3th 2024



Click or scan QR-code for Patrick Leung's story



Hosted by Spaarndam Chi society (www.spaarndam-chi.nl)