

The Kripalu Centre

Live fully, with compassion



Yoga



Meditation



*Master
Classes*



Workshops



Seminars



Concerts



Tai Chi

Dragon and Tiger Qigong

July 10th 7:00-8:30

July 11th 10:30-5:30

July 12th 11:00-4:30

£175

Kripalu UK is honoured to welcome Blue Marsden as our teacher for this weekend workshop in Qigong. Blue is a long-time practitioner of Qigong and is Director of the London School of Qigong.

Dragon and Tiger Qigong is a healing form of Qigong also known as Chi Kung. This 'medical' form of Qigong is relatively easy to learn, and can be one of the most effective forms of Qigong for stress, as well as emotional and physical healing, in the moderately short time it takes to complete the set. Medical Qigong is practised by millions of people in China where it is used to boost the immune system. Commonly reported benefits include:

- Reduced stress
- Improved sense of well being
- Healthier hair, skin, nails
- Improved skin condition
- Calmer mental state
- Improved digestion, respiration, cardiovascular and nervous systems
- Improved sleep quality
- Improved creativity and focus
- Opening or development of latent healing abilities
- More vitality and energy

While the benefits of Dragon and Tiger Qigong increase with time and efficiency of practise, it is quite forgiving to the less-than-perfect movements of beginners. Therefore, even if it is not 100% understood initially, the student taking his or her first steps on this path will still benefit greatly.

Come and join us for a remarkable experience with an incredible teacher.

Wear comfortable clothing. Bare feet and socks are not recommended;
ballet slippers, tai chi shoes or slippers are preferable.

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