

Zoom classes - you can join any time

Qigong – Threading the Pearl, Dragons, Tigers and other animals with Eva – open to all

When: 10:00 to 11:00 every Monday

Fee: 90 for 10 sessions payable in advance for classes you attend or £12 per session

Threading the Pearl with Nine Joints: focusing on wrists, elbows, shoulders, neck, ribcage, waist, hips, knees and ankles. I also include Dragons, Tigers, other animal qigong sequences and Tai Xu – Great Void qigong.

Daoist Health Qigong with Eva – open to all

When 10:00 - 11:00 every Tuesday

Fee: £90 for 10 sessions payable in advance for classes you attend or £12 per session

Daoist Health Exercises are gentle spiralling exercises that involve the whole body with the focus on the lower dantian and the spine and Tai Xu.

Xinjia Exercises with Karel - some experience of taiji preferable

When: Tuesday 11:30 to 12:30

Fee: £90 for 10 sessions payable in advance for classes you attend or £12 per session

Xinjia exercises excellent for coordination and cognition.

Yiquan with Karel - open to all

When: 20:00 - 21:00 every Tuesday

Fee: £90 for 10 sessions payable in advance for classes you attend or £12 per session

Rolling, Standing, almost movement (Moli) and slow movements - using the intent to strengthen the pathways in the brain to improve the coordination and strength of the muscles in the body

Chen Taijiquan Laojia with Eva - suitable for students who learned the form up to Move Sideways

When: 10:00 to 11:00 every Wednesday

Fee: £90 for 10 sessions payable in advance for classes you attend or £12 per session

Chan Si Gong/silk reeling exercises and movements from the first section of the form.

Qigong for Health and Balance with Eva- weekly classes suitable for all

When: 9:00 - 10:00 every Sunday

Fee: £90 for 10 sessions payable in advance for classes you attend or £12 per session

We shall focus on harmonising the body and the mind through various types of Qigong, improving the balance of the body (deteriorating in our twenties), and the strength of the body (deteriorating in our thirties). Animal Qigong: Bear and Eagle, Snake and Crane, Turtle and Peng, Tiger and Dragon; and also Yin Yang Qigong (yijinjing) - muscle/tendon strengthening exercises as taught by Grandmaster Chen Xiaowang; Tai Xu.

Zoom 1 to 1 classes - suitable for all

We also offer online Zoom 1-to-1 classes at a reduced rate for the rest of the year.

Eva - £40/hour till the end of the year, £55/hour thereafter

Karel - £50/hour till the end of the year, £60/hour thereafter.

If you are interested in any of the above sessions, please get in touch with us and book your place.

Free Zoom classes with Eva for about half an hour - suitable for all

Wednesdays 8:00 - Qigong for Balance

Thursdays 10:00 - Silk Reeling Exercises of Chen Taijiquan

If you are new to this, would you please download zoom from zoom.us onto your pc/laptop/mobile, and click on “Join a Meeting”.

Personal ID number: 3050580260

Password: 482032

I shall open the meeting room about 5 minutes before the start of the lesson.

Some students ask if their friends or family can join the free classes - anyone is welcome to join any of the classes.