

Zoom classes - you can join any time

Daoist Health Qigong with Eva - weekly classes suitable for all

When: 10:00 - 11:00 every Tuesday

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

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

Yiquan with Karel - weekly classes suitable for all

When: 20:00 - 21:00 every Tuesday

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

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 - weekly classes suitable for students who have learned the form up to Single Whip

When: 10:00 to 11:00 every Wednesday

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

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

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

When: 9:00 - 10:00 every Sunday

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

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 online classes with Eva for about half an hour - suitable for all

Mondays 10:00 - Qigong - Threading the Pearl with Nine Bends variations

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 so that we can have a chat whilst doodling or rolling.

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