

Spring Qi Gong Workshop

Saturday May 2nd, 10am-4pm

Immerse yourself in day of Qi Gong & Dao Yin exercises to experience a deepening and refining of your practice. The Rococo Gardens provide an inspiring setting, a unique 18th century garden within a hidden valley.

It is recommended you visit www.rococogarden.org.uk



Here is a chance to explore a variety of Dao Yin exercises and Qi Gong forms with Meditation exercises. There are opportunities to practice within the Garden and indoors. The Cafe offers a wide range of refreshments.

Teachings will be offered by Jeff Docherty and Mark Collins, both having 20+ years of experience.

Bookings:

- The Workshop will cost £55.
- Numbers will be restricted to 12 practitioners.
- Reservations require full payment or a non-refundable deposit of £30, with full payment by 1st March.

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