



QI CHINA INTERNATIONAL

INTERNATIONAL ACADEMY OF TEACHING EXCELLENCE

BENEFITS OF PRACTISING PURE TAI-JI and QI-GONG INCLUDE :

- IMPROVED CO-ORDINATION AND BALANCE
- REDUCTION OF STRESS AND HYPERTENSION
- ENHANCED STAMINA
- ASSISTING WEIGHT LOSS
- BETTER CONCENTRATION AND CLARITY OF MIND
- HARMONISATION OF MIND, BODY AND SPIRIT
- ENHANCEMENT OF THE FLEXIBILITY OF LIMBS AND BODY



TAI-JI : is a Traditional Chinese Art, practised for mental, physical and spiritual discipline for cultivating the internal energy system. Tai-Ji comprises a series of postures linked by slow, graceful movements and accompanied by breathing techniques that focus concentration.

QI-GONG : The science of Therapeutic Breathing and inter-related, co-ordinated movement of body and limbs. Qi-Gong is used as a prior knowledge to Tai-Ji. It is a form of gentle exercise used with slow co-ordinated movements, synchronised in conjunction with correct breathing, to harmonise mind, body & spirit to either restore or maintain an equilibrium/balance within the body. It can be used as a form of rehabilitation or stress release.

Beginner to Advance level walk-in classes of mixed gender or female only & include for the over 50's

Enjoy two complimentary classes.

For info on your local class.

Canford Cliffs Village Hall

Canford Cliffs, BH13 7HT

Tuesday Time : 3.45-4.45pm

St Ambrose Church Hall

Westbourne, BH4 8BE

Friday Time : 2.00-3.00pm

Holy Angels Church Hall

Liliput Road, BH14 8JX

Friday Time : 7.00-8.00pm

Instructor / Master Alan Tinnion

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