Zoom classes – you can join any time

Qigong for Health and Balance with Eva - open to all
When: 10:00 to 11:00 every Monday
Threading the Pearl with Nine Bends. Tai Xu (exercises for internal energy), and other.

Taiji (Laojia) Exercises with Eva - open to all
When: 14:00 to 15:00 every Monday
Taiji exercises for coordination, cognition, balance and effortless movement.

Daoist Health Qigong & Tai Xu with Eva - open to all
When: 10:00 to 11:00 every Tuesday
Daoist Health Exercises: Swimming Dragon, Vital Energy, Taiji Diagram, Restoring Spring, Phoenix Spreads Wings, Heavenly and Earthly Circles, Peng Flying etc.

Xinjia Exercises with Karel - some experience of Taiji preferable
When: 11:30 to 12:30 every Tuesday
Xinjia exercises excellent for coordination and cognition.

Yiquan with Karel - open to all
When: 20:00 to 21:00 every Tuesday

Chen Taijiquan Laojia with Eva - for students who know the first section of the form
When: 10:00 to 11:00 every Wednesday
Flowing Sequence, Chan Si Gong/silk reeling exercises and the first section of the form.

Qigong for Health and Balance with Eva
When: 9:00 to 10:00 every Sunday
Various types of Qigong, improving the balance of the body (deteriorating in our twenties), and the strength of the body (deteriorating in our thirties). Taiji ruler and others.

Zoom Fees: £12 per session, or
£90 for 10 sessions payable in advance for classes you attend - no show, no fee, and pro rata refundable. Students can also mix and match the zoom classes listed above.

Free Zoom online classes with Eva for about half an hour - open to all
Wednesdays 8:00am - Qigong for Balance
Thursdays 9:00 am - Silk Exercises of Chen Taijiquan

If 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,
If you are interested in any of the above sessions, would you please let me know before joining.
Many thanks.