

Zoom classes – you can join any time

(If new to this, and do not have Zoom, you can download zoom from zoom.us onto your pc/laptop/mobile, and click on “Join a Meeting”; you will need a personal ID number and a Password – contact eva@ciao.org.uk)

Taiji (Laojia) Exercises with Eva - open to all

When: 10:00 to 11:00 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

Threading the Pearl with Nine Bends. Daoist Health Exercises including Swimming, Smiling Dragon etc. Tai Xu - eight exercises for strengthening the body.

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.

Baguazhang - open to all

When: 9:00 to 10:00 every Saturday starting in April 2023

Baguazhang – ‘Original Dong’ form is characterised by circle walking, spiralling movements and eight palm changes.

Qigong for Health and Balance with Eva - open to all

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:

£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

Tuesdays 8:00 to 9:00 – Daoist Meditation – Standing, Walking and Tree Qigong

Wednesdays 8:00am – Silk Reeling Exercises and Qigong for Balance

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.

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