

Monthly Workshops

Qi Gong

All Welcome

the Dragon and Tiger Qigong Form

Dragon and Tiger (D&T) qigong is comprised of seven repeated moves which are fun and easy to learn. It's a relaxing and strengthening somatic whole-body exercise system. Come along and learn this classical qigong.

2025

All workshops 10am-1pm

NEXT ON

Sunday Feb 9th

D&T moves 1-3

Sun. March 9th

D&T moves 4-7

Sun. April 27th

D&T Full form moves 1-7 and breathwork

Dan 07496 367554

booking essential 8 spaces per workshop, Where @

145 Portland Road. Tree Of Life

