

LONGFEI TAIJIQUAN ASSOCIATION GB
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QI GONG – DAOYIN SEMINAR

EUROPEAN DAOYIN YANG SHENG GONG FEDERATION VICE PRESIDENT

MARK ATKINSON

Saturday 27th February 2010 / Sunday 28th February 2010
Lochinver House School
Heath Road, Little Heath, Potters Bar, Hertfordshire, EN6 1LW

Saturday 27th Main Program - Morning session 9.30 – 12.30 Daoyin Baojian Gong (Exercises for Health Preservation) This set of exercises is designed for general health and is based on the theory of the 14 meridians or channels. It is a system of dynamic exercise with the function of balancing and improving one's general health. Practise of Daoyin Baojian Gong helps to regulate your breathing, to make the breathing more efficient, to regulate the working of your heart, and to calm your spirit and your approach to life.

Much of the work of the set is internal, and will therefore benefit the organs of the body, but there is also a great deal of external movement involved, and the benefits to the muscles, tendons and ligaments can easily be felt.

Qigong for General Health is a series of preventative and curative physical exercises for common diseases: hypertension, cardiopathy, sclerosis of the coronary arteries, bronchitis, pulmonary emphysema, gastro-enteritis, ulcers, nephritis, diabetes, seminal loss, impotence, menstrual problems, insomnia, headaches, pains in the neck, shoulders, dorsals, and legs. Cost of session £40 members £50 non members

Saturday 27th Main Program - Afternoon session 1.30 – 4.30 Hewei Jian Pi Gong (Exercises for the Digestive System) Stomach one Professor Zhang has introduced two sets of exercises with the objectives to, " Harmonize the Stomach and Reinforce the Spleen ". The first set being presented are a little more exacting on the physical level, however both sets serve the same purpose. These two forms are ' Daoyin ' and work on the meridians with the common aim to increase the capacity of the function of the Spleen and Stomach. Concentrating and bringing the attention to the zone of Dantian, stimulates the action and the circulation of the blood to the stomach and intestines. Aiding digestion and the assimilation of our diet, combining the notion of abdominal breathing as a massage for the stomach, spleen, liver and intestines and increasing the capacity of intestinal peristalsis. In Chinese medicine and culture there is strong conviction that the gnashing of teeth, too increase and swallow saliva, regular massage of the stomach will bring benefits to the Digestive system. These three elements are consistent with this program. Cost of session £40 members £50 non members

Sunday 28th Main Program – One session 10.00am – 4.00pm Daoyin Taiji 'Bang', Stick, or Ruler This is a unique opportunity to learn this relatively new set of exercises that are proving most popular with both teachers and students alike. Both sets use the wooden stick to push, tap, rub, or hit acupuncture points on the body, whilst simultaneously following the twisting, turning, stretching, flexing, and bending movements familiar in the other sets of exercises. Cost of session £70 members £85 non members

PLACES WILL BE LIMITED



Please detach and send to the above address

NAME _____
ADDRESS _____
POSTCODE _____
EMAIL _____

Daoyin with Mark Atkinson

- Saturday AM 27th February 2010
- Saturday PM 27th February 2010
- Sunday All day 28th February 2010

if you attend both sessions on saturday price will be

£70 members £85 non members

if you attend all weekend sessions saturday and sunday price will be

£120 members £140 non members

Cheques made payable to:

Longfei Taijiquan Association