

Taijiwuxigong® is a form of qigong (energy cultivation exercise) developed by the late Dr Shen Hongxun for the purpose of improving and sustaining health and happiness. It works with the body's own energy system, identifying areas of stagnation and unblocking these to bringing the body and mind back into a peaceful and harmonious state.

Tai Chi is a traditional Chinese martial art used to develop physical and mental health by coordinating body movement with breath and calm focus. Dr Shen's Tai Chi system includes standing exercises (**Taiji 37**®) to develop strong internal energy and movement and is taught to help gently stretch open the spine and joints to improve circulation and flexibility.

2022 Spring term –

Wednesdays from 20 April to 6 July. **No class on 4 and 25 May.** [10 classes]

- Taijiwuxigong® from 10-11am
- Taiji37® form and standing postures from 11:30-12:30pm

Location – Friends Meeting House, 47 Reigate Road Reigate, RH2 0QT

Cost - £7 per class for Taijiwuxigong®; £12 per class if including Taiji37®

Bulk offer – 10% discount if you pay for 5 in advance, 20% discount if you pay for 10 in advance

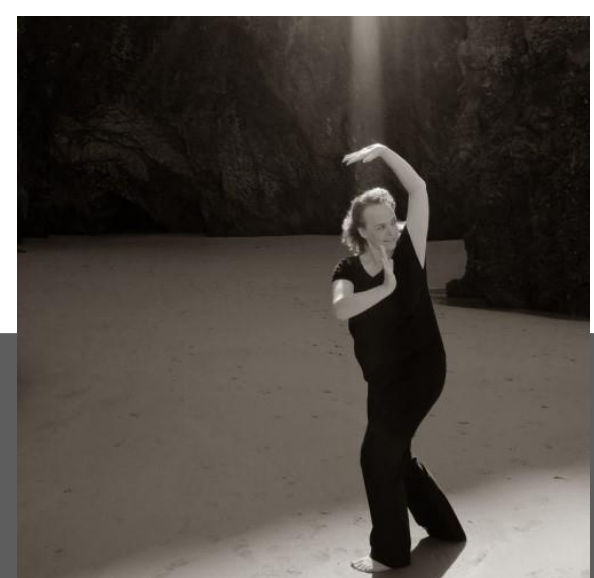
Concessions may be available for those with financial constraints – please contact Nicci.

COVID – I ask that students do not attend if they have COVID OR COVID symptoms OR have been in recent close contact with some-one with COVID or COVID symptoms (a credit will be given for fees paid).

Booking - please contact Nicci by email (twgwithnicci@gmail.com)

or on WhatsApp (07960881561) to book a place.

Teacher – Nicci van Dyk has over 10 years of experience practicing tai chi and qigong under Paul Brewer (Heaven Mountain Tai Chi, UK), Master Shen Jin (Buqi Institute, Gent) and various other teachers associated with Dr Shen Hongxun's system. She was given permission to teach Taijiwuxigong® and Taiji 37 in 2017. Nicci is currently in her final year of a Chinese Medicine (Acupuncture) degree. Her teaching focuses on the details of Dr Shen's exercises while integrating Chinese Medicine theory with a view to helping students understand both how and why the exercises are effective.



**Taijiwuxigong® & Taiji37®
in Reigate**