



Qigong Workshop

Exploring Qigong through fundamental Neigong exercises – the root and heart of the internal method

With a thriving school in Brighton and Worldwide, this system is rarely taught in the rest of the UK. For the first time offered in London, this is a unique opportunity to discover the Neigong principles that inform and give life to Qigong, Taiji, Bagua, Xing Yi and Nei Dan



Saturday 10th June
9.30am–5pm £60

Upper Vestry Hall, St Georges
Church Bloomsbury, WC1A 2HR
(enter via Little Russell St)

****invite a friend and both
get £10 off****

For more info and to reserve your place email Saul
saulneill@gmail.com

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