



Energising Events in 2020

January-March

Jade Circle® Surrey: Women's Meditation & Qigong

Tuesday 7th January, 7pm-9pm, £20
The Club Room, East Horsley Village Hall, KT24 6QT

Iron Shirt Qigong: Grounding, Growing & Flowing.

Wednesdays 15th, 22nd & 29th January, 1.30pm-3pm,
£12.50 per session at Downside Village Hall, KT11 3NP.

Taoist Meditation & Qigong Talk & Experience.

Wednesday 22nd January, 7.30pm-9pm, by donation,
St Michael's The Sanctuary, 4A Church Street, Ewell, KT17 2AS.

Taoist Meditation & Qigong Talk & Experience.

Thursday 23rd January, 8pm-9.30pm (refreshments from 7.30pm),
£6, C.H.A.T., Christ Church Hall, Christ Church URC,
Epsom Road, Leatherhead, KT22 8ST.

Self Care Workshop with The Happiness Curator & Liz

Friday 24th January, 10am-1pm, £55 early bird booking at
www.thehappinesscurator.co.uk Downside Village Hall, KT11 3NP.

Iron Shirt Qigong & Meridian Self-Massage Workshop.

Saturday 1st February, 10am-4pm, £65, advance booking.
St Michael's The Sanctuary, 4A Church Street, Ewell, KT17 2AS.

Jade Circle® Surrey: Women's Meditation & Qigong

Tuesday 4th February, 7pm-9pm, £20
The Club Room, East Horsley Village Hall, KT24 6QT

Tai Chi Qigong 7 Weeks: Flowing into Springtime.

Wednesdays 12th February – 25th March inclusive, 1.30pm-3pm,
£12.50 per session/ £77 term at Downside Village Hall, KT11 3NP.



Energising Events in 2020

March-April

Jade Circle® Surrey: Women's Meditation & Qigong

Tuesday 3rd March, 7pm-9pm, £20
The Club Room, East Horsley Village Hall, KT24 6QT

Taoist Meditation & Qigong Workshops 3 Steps to Self-Empowerment (& great CPD!).

Discover versatile, enjoyable practices and Taoist wisdom for your harmony, resilience and self-empowerment. These ancient tools for internal alchemy help us to transform stress into vitality in our daily lives. The effects can be felt immediately, and become more profound as we develop our practice into mastery. From the Inner Smile and Healing Sounds onwards it's an uplifting journey.

You'll learn meditations, Qigong and other exercises, self-massage, Taoist philosophy and its practical application for life. Adults of any age and gender are welcome, including beginners to meditation. The workshops are also ideal CPD for therapists treating body and mind, for athletes and performers. CPD certificates provided.

Step 1 – Foundations: Sat 14th & Sun 15th March, £185.

Step 2 – Healing Love: Sat 28th & Sun 29th March, £185.

Step 3 – The Power of Fusion: Fri 3rd-Mon 6th April, £370.

Step 1 is open to everyone, & is pre-requisite for Steps 2 & 3.

Book 2 workshops and receive 10% off, or book all 3 for 20% off (£592 for all 3 workshops). 10am-5pm each day, advance booking. The Lancaster Hall, 28 Send Road, Send, near Woking, GU23 7ET.

To book your place or learn more contact Liz Kendall

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