

Biospirals Qigong *Workshop*



With qualified Biospirals Qigong Instructor Debbie Heaney



Saturday 9 October 2021

The Garden Studio, Godalming GU7 3AU

Suitable for all abilities

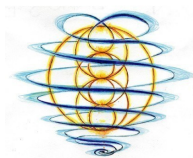
Places are limited—book now!



Grounding, calming and flowing, the Biospirals Method of Qigong helps the body to relax and become more centred by emulating one of the most beautiful patterns in nature—the spiral. Through the Biospirals movements we are able to reconnect with our bodies and enhance our natural energy — qi (chi).



This workshop will provide an introduction to some Qigong theory and the moves that make up the first sequence of the Biospirals Method of Qigong. We will focus on static and dynamic sequences to open, stimulate and connect the energy gateways and pathways of the body. Within this will be a focus on the correct body alignment and breathing.



The Biospirals Method of Qigong comprises a series of meditations, breathing exercises and dynamic sequences all

based on bringing the body and mind into a state of natural harmony.

The benefits of this work are immediately evident, through the stimulation of them major organs, increased circulation of blood and release of tension held in the spine, joints, muscles and soft connective tissues of the whole body.

Regular practice will help with symptoms of anxiety stress and depression, and improve balance, posture, co-ordination and vitality.

For further information go to www.biospiralsqigong.co.uk/

About Debbie

In a previous life Debbie was all too familiar with a stressful job, and hectic lifestyle; but when she reached breaking point something had to change. Having retrained, she now runs her own business centred around Taiji, Qigong and Shiatsu.

Debbie discovered the Biospirals Method of Qigong at a workshop run by Master Franco Mescola, and knew immediately that these were movements that resonated deeply within her body. She became a certified Biospirals Method of Qigong Instructor in 2018.

Date:

Saturday 9 October 2021
10.00-1.00

Venue:

The Garden Studio
5 The Gardens, Marshall Road
Godalming GU7 3AU

Cost: £40.00

Enquiries and bookings:

Contact Debbie Heaney

debbie@surreyhillstaichi.co.uk / 07810 703 960