



# Biospirals Qigong Workshop with Gillian Reid



We are delighted to welcome Gillian Reid back to the UK to teach.

Come and join Gillian for a day of Biospirals Qigong. This is an opportunity to experience Gillian's depth of knowledge and inspiring style of teaching.

Join us to explore in detail some of the harmonising qualities of Biospirals Qigong. Whether you are new to the Biospirals Method or have attended classes or one of our previous workshops, this workshop will provide inspiration to help you deepen your connection with Qi and enhance your Qigong practice.

**Saturday 25 September 2021**

**Venue:** Unitarian Hall, Meadrow, Godalming

**Time:** 10:00—5:00 (or morning only 10:00-1:00)

**Cost:** £70 Full day / £40 Morning only

**Further information and bookings:**

**Debbie Heaney -**

**[debbie@surreyhillstaichi.co.uk](mailto:debbie@surreyhillstaichi.co.uk)**

**07810 703 960 | [www.surreyhillstaichi.co.uk](http://www.surreyhillstaichi.co.uk)**

**<https://www.biospiralsqigong.co.uk>**

## Biospirals® Method Qigong

Grounding, calming and flowing, Biospirals Qigong helps the body to relax and become more centred by emulating one of the most beautiful patterns in nature - the spiral.

Bringing together Eastern knowledge and western science, the exercises address the internal and external vibrational energies to integrate and harmonise internal structures, particularly the connective fascia system. This supports the task of receiving and distributing the necessary information to sustain and nourish the body.

The system allows the mind and body to free itself from the negative effects of accumulated tension.

## About Gillian



We are delighted to have Gillian Reid back with us from the Tai Chi Research Centre, Venice.

Born in England, Gillian moved to Italy in 1985. In 1992 she became a direct student of Master Franco Mescola at the Tai Chi Research Centre.

Over the years she has participated in the birth and growth of both the Tai Chi Research Centre

and the Biospirali Method Training School, where she graduated and currently teaches.

In 2016 Gillian brought Franco's teaching to the UK and has run several workshops to inspire others to practice Biospirals Method Qigong.