

Siberian Qi Gong courses

Given by Antony Hequet - poet composer singer Qi Gong instructor



The course : based on **SIBERIAN QI GONG**, the class provides the participants with tools allowing them to understand the energy points, both internal and external, which connect the whole structure of the body to its vital energy sources.

Siberian Qi Gong allows you to feel, understand and direct the movement of energy in your body.

Siberian Qi Gong gives you tools for the auto-regulation of energy.

You will develop better awareness of your posture, learn how to release excessive tension and improve the flow of your Qi.

What distinguishes the Siberian approach from the traditional Chinese one, is that the Siberian approach favours a thorough transmission of theoretical knowledge. Analysis of energy processes inside and outside the body are discussed methodically.

“The Siberian approach also distinguishes itself by enacting an ongoing creative process. Instead of favouring the conservation of traditional knowledge as the Chinese tend to do, Siberians favour a constant renewal of the techniques. Consequently, these techniques better serve the quest of people as they strive to adapt to their ever changing environment.”

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Probation course free if you decide not to pursue.
Pro course - 20 euros
Package (10 courses) - Special Offer
---> - 15 % on the global price
Location : Funkhaus Berlin Nalepastraße, 10-50 12459 BERLIN

Save the date !
Every other Saturday afternoon from 3p.m to 5.30p.m at the Funkhaus
Classes are starting on the 12th of April 2014

SUBSCRIPTION / CONTACT :
Sabrina Mirailès - Operations Manager - MünD Production
muendproduction@gmail.com
www.mund.fr