

**Saturday 15th
October 2022**

10am - 4pm

Tutor: Alison Warlow

Fee: £45



In this workshop we will practise qigong (chi kung) exercises to help us tune into the qualities of the season—releasing what is no longer useful and crystallising what is valuable.

In Chinese five element tradition Autumn is the season of Metal, so we will also be focussing on its associated organ—the lungs.

Learners will:

- Be able to practise some autumnal qigong exercises
- Improve breathing
- Understand the qualities of the Metal element

About Your Tutor

My name is Alison Warlow and I have been practising T'ai Chi and qigong since 1994, and teaching since 1999. I am a registered tutor (Advanced) with the T'ai Chi Union of Great Britain, and have taught a wide range of students in a wide range of contexts.

What you need to bring to the first session

Wear loose comfortable clothing you can move about in and flat shoes .

Water bottle.

How to book

You may enrol by:

- Phone: 01954 288751
- Email: community@astreacottenham.org

Course fees are payable in full at the time of booking. Bookings and course fees must be made at least 5 working days before the start of the course.

Ways to pay

- Payment can be taken by cheque, payable to Astrea Academy Trust or by credit/debit card in person at Cottenham Village College.
- Credit/debit card payments can be taken over the telephone on 01954 288751

Please note refunds can only be made if a class is cancelled or closed.

Terms and Conditions

Full terms and conditions can be found on our website:
<http://community.cvcweb.net/home/learner-information>

Equalities Statement

The Trust operates an Equality of Opportunity Policy. We believe everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. Please contact us in confidence to discuss any support you may need.