

**Saturday 25th February  
2023**

10am - 1pm

**Tutor: Alison Warlow**

Fee: £23



In this workshop we will practise qigong (chi kung) exercises to take advantage of the qualities of the season - growth, expansion and the free flow of energy.

We will draw on Chinese five element tradition to embody elements associated with the liver and the eyes - vision, decisiveness, planning - and the qualities of the deer - gentleness, grace, curiosity.

### Learners will:

- Practise a range of qigong exercises, including deer exercise
- Understand some connections with the wood element
- Recognise the difference between free flowing expansiveness and overdoing things!

### 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](mailto: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.