

# DRAGON & TIGER QIGONG

**1 DAY COURSE: Tuesday 23rd July 2019 or**

**2 DAY COURSE : Tuesday 23rd & Wednesday 24th July 2019**

**10am – 4pm - FEE: £55 for 1 day or £110 for 2 day course**

**includes lunch and refreshments**



**TUTOR: Alison Warlow**

*Develop the agility and flexibility of a flying dragon and the relaxed power of a pouncing tiger!*

Dragon and Tiger Qigong is a set of seven exercises with comprehensive health benefits. It can be effectively practised by anyone, regardless of age or fitness. A complete set takes only 15 minutes.

'Qigong' (chi kung) means cultivating our qi (chi) - our energy. A big part of this is relaxing so that our energy can flow and everything works better - physically, mentally and emotionally. Dragon and Tiger, like all qigong, gently promotes balance, good alignment, co-ordination and breathing - and overall well-being.

Dragon and Tiger Qigong is especially known for—  
Releasing stagnant chi that cannot move freely  
Improving the circulation of chi, blood and other fluids to balance the body's energy  
Raising energy levels to boost our natural healing capacities

This is obviously good for us all! More specifically, practice of Dragon and Tiger can mitigate Carpel Tunnel Syndrome and relieve Chronic Fatigue. It has also been used extensively in Chinese hospitals to treat cancer patients - to help them go into remission, and to mitigate the effects of radiation and chemotherapy.

Dragon and Tiger also offers the opportunity to develop an awareness of energy pathways in the body. It has been taught in the training of acupuncture students for this reason. In the exercises, the movements of the hands clearly relate to particular pathways. The benefits of the exercises though do not depend on an ability to 'feel the chi'!

The aim of the course is for students to become familiar with the 7 movements. There will be time to learn in a relaxed fashion, with plenty of variety in how we learn. No previous knowledge or experience is necessary or assumed, but T'ai Chi and Qigong students will be able to build on what they know, and discover connections to their existing practice.

**Day 1** will focus on 3 movements from the set, a 'mini-series' which can be practised independently  
**Day 2** will build on Day 1, and teach the remaining 4 movements to complete the set.

Alison Warlow has been practising qigong and T'ai Chi since 1994, and teaching since 1999. She has taught people of ages from 5 to 95, with a wide range of health issues, abilities and disabilities.

**Materials Required:**

Wear loose comfortable clothing you can move about in, handouts will be provided but you might want to bring pens & paper

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