



The Daolin Centre



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The Daolin Centre
Penwortham
Preston
Lancashire

01772 978240
www.daolin.co.uk
info@daolin.co.uk



八段锦 Ba Duan Jin Qigong Seminar Details



Course Title:

Ba Duan Jin Qigong Seminar (BDJQ0107) & (BDJQ0207)

Description:

This course will provides you with a detailed knowledge of the Qigong Forms of “Ba Duan Jin” (The 8 Piece Brocades). There will be an introduction to Ba Duan Jin, qigong theory, instruction in both the seated and standing forms and explanations of the benefits of each movement.

This course will end with a practice session, the presentation of a course completion certificate and a reference handout with details and illustrations of all the material presented.

This course is suitable for all from beginners to advanced as no previous knowledge of Qigong is assumed.

The movements are gentle and relaxed so it is suitable for people of any age and any fitness level.

Date:

This course is held over one day in October but will be repeated in Novemeber.

1st date: Sunday 7th of October 2007 – (Course No: BDJQ0107)

2nd date: Sunday 18th of November 2007 – (Course No: BDJQ0207)

Please choose whichever date is most convenient to you.

Duration:

10am to 3pm - 5 hours with breaks

Venue:

The Daolin Centre, Penwortham, Preston, Lancashire

Instructor:

Phil Robinson

Availability:

There are 15 places on each date so we recommend booking early to avoid disappointment. Advance booking and a deposit is required.

Course Fee:

£40 per person, a deposit of £10 will be required to ensure your place, this can be paid by cheque or PayPal.

Course Format (approximate):

10:00 Introduction to Ba Duan Jin, breathing and warmup exercises
10:30 Ba Duan Jin Seated Forms Part 1
10:45 A 15 minute break
11:00 Ba Duan Jin Seated Forms Part 2
11:30 Theory work – Understanding Ying and Yang
12:00 Ba Duan Jin Standing Forms Part 1
12:15 A 30 minute lunch break
12:45 Theory work – Understanding Qigong
13:15 Ba Duan Jin Standing Forms Part 2
13:45 A 15 minute break
14:00 Recap all the forms
14:30 Theory work – The benefits and practise of Ba Duan Jin
15:00 Close

Clothing:

Please wear loose comfortable clothing that doesn't restrict your movements and preferably flat soled shoes. If the weather is fine we may practise outdoors so please bring a light jumper.

Food and Drink:

We advise you to have breakfast and bring plenty to drink with you but only pack a light snack for lunch, such as a few sandwiches or bananas. Complimentary Chinese Tea will be served during all breaks.

Contact Details:

If you would like to attend or would like any further information on our centre please contact us on 01772 978240 or by email at info@daolin.co.uk or you can visit us online at www.daolin.co.uk