**Spring​ ​​Qi​ ​Gong​ ​Workshop**

**\*​Saturday​ ​13th​ ​April,​ ​10am-4pm\***

**Immerse​ ​yourself​ ​in​ ​day​ ​of​ ​​Qi​ ​Gong​ & Dao Yin exercises ​to​ ​experience​ ​a​ ​deepening​ ​and refining​ ​of​ ​your​ ​practice.​ ​The Rococo Gardens​ ​provide​ a​n inspiring ​setting​, a unique 18th century garden within a hidden valley.**

**It​ ​is​ ​recommended​ ​you​ ​visit​ ​**[**www.rococogarden.org.uk**](http://www.rococogarden.org.uk/)



**Here is a ​chance​ ​to​ ​explore​ ​a​ ​variety​ ​of​ ​Dao Yin exercises and Qi​ ​Gong​ ​forms​ with ​Meditation​ ​exercises.​ ​There​ ​are opportunities​ ​to​ ​practice​ within ​the​ ​Garden and indoors. The Cafe offers a wide range of refreshments.**

**Teachings​ ​will​ ​be​ ​offered​ ​by​ ​Jeff​ ​Docherty​ ​and​ ​Mark​ ​Collins,​ ​both​ ​having​ ​20+ years​ ​of​ ​experience.**

**Bookings:**

* **The​ ​Workshop​ ​will cost​ ​£55.**
* **Numbers will be restricted to 12 practitioners.**
* **Reservations​ ​require​ ​a​ ​non-refundable​ ​deposit​ ​of​ ​£30,​ ​with​ ​full payment​ ​by​ ​1st​ ​March.**

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