

# QI GONG & SHUANG YANG



NAM YANG  
南洋

WEDNESDAYS, 19:15 - 20:15

## Qi Gong Class

- ▶ Qi Gong - the ancient Chinese teaching of Qi, your life energy.
- ▶ Harmonizing and revitalizing.
- ▶ Learn to perceive and direct your Qi.

The course is aimed at beginners and teaches the basic elements of Qi Gong such as breath, relaxation, standing and rooting, Chinese energy theory and simple, flowing exercises. The exercises from the Tong Ling Qi Gong system is our home base, from there we explore different movements and energetic practices.

You can join any time.





**WEDNESDAYS, 18:00 - 18:55**

## **Shuang Yang Class**

▶ 66 moves to master, 66 different ways of expression.

▶ A meditation in movement.

▶ A daily dose of flow states.

Shuang Yang is the internal form of the Shaolin white crane, a rare and unusual Shaolin art indeed. It is a martial art, a form of chi kung and a path to enlightenment. Learn to perfectly attune your breath, movement, energy and mind, and develop power in all directions.

The 66 moves of the Shuang Yang are taught in 4 Modules, each containing 6 lessons. Since the lessons build on each other, you may only begin with Module 1, and it's quite necessary that you can attend all classes to not miss moves in between. So that you can follow the pace of the class, I expect that you perform the Shuang Yang daily, at least once. It takes 5 minutes only.

### **Dates for the Modules 1 & 3**

May 11th, 18th, 25th

June 1st, 8th, 15th, (22nd reserve)

**NEXT START OF MODULE 1 & MODULE 3**

**MAY 11, 2022**

# Pricing <sup>1</sup>

<b>Qi Gong</b> 19:15 - 20:15	Single Lesson	25.-
	6 Lessons <sup>2</sup>	135.-
<b>Shuang Yang</b> , per Module 18:00 - 18:55	6 Lessons <sup>3</sup>	135.-
<b>Qi Gong &amp; Shuang Yang</b> 18:00 - 20:15	6 Lessons	222.-

<sup>1</sup> **Money** should not hinder you from attending. Talk to me to find a solution. Kulturlegi gets 15% discount.

<sup>2</sup> **Go with the flow.** Attend 6 Qi Gong lessons when you feel like, in a timespan of 3 months.

<sup>3</sup> **Commit.** Certain things require a commitment. Shuang Yang and Kung Fu is one of them. If you miss a Shuang Yang class, you missed it. Without a commitment, you'll not succeed to learn the form. In times of our super flexible society, take it as an opportunity to learn to commit.

## Location

Gruppenraum  
Obere Zäune 14  
8001 Zürich

Ring bell for „Gruppenraum“,  
find the venue downstairs.

If weather conditions are good  
enough,  
we'll practice outside in a park.

**JOIN THE SIGNAL GROUP FOR UPDATES**

(**CLICK**, OR TYPE [HTTPS://CUTT.LY/QI-GONG!KUNG-FU\\_AURELIAN](https://cutt.ly/qi-gong!kung-fu_aurelian))

## Contact

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