

QI GONG & WHITE CRANE

INTERNAL KUNG FU



NAM YANG
南洋

WEDNESDAYS, 19:15 - 20:15

Flow Qi Gong Class

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

In these classes you will learn the foundational elements of a powerful Qi Gong practice, such as using your willpower, the charging breath, deep muscle and fascia relaxation and how to stand like a mountain. The exercises from the Tong Ling Qi Gong system will be our home base and from there we will explore various energetic practices and movements which will lead us to the optimal inner state for experiencing flow, creativity and a strong presence.

Each Module (6 classes) has a specific focus, but you can join any time.



WEDNESDAYS, 18:00 - 19:00

White Crane Internal Kung Fu Class

- ▶ 66 moves to master, 66 different ways of expression.
- ▶ A meditation in movement.
- ▶ A daily dose of flow.

Usually referred to as 'Shuang Yang', this is the internal form of the White Crane martial art. Internal Form means that the routine is performed in a very soft, relaxed way, gently opening the Qi flow in your energy channels, training elasticity into the fascia and developing a lot of power in each posture. You will learn to perfectly attune your attention, movements and life energy to your breath.

Whilst it may seem very similar to Tai Qi, which originates in the Taoist Wutan tradition, Shuang Yang has its roots in the Buddhist Shaolin tradition.

Many people practice Shuang Yang primarily to benefit their health, vitality and longevity. Whilst the slow, gentle nature of the training makes it accessible to most people and does not require a particular fitness, make no mistake: this is a genuine martial art.

I teach the 66 moves of the Shuang Yang in 4 Modules with 6 classes each. Since the classes build on each other, you may begin with Module 1. To be able to follow and not miss moves in between, some commitment is required. This means that first, it is best if you will be able to attend all of the classes of a module. Second, please practice Shuang Yang daily, even if it's for 5 minutes only.

However, you don't need to complete the whole routine with all 4 Modules and 66 moves. The benefits of the form come with depth & repetition, not with length.

Dates for Module 1

May 2022, 18th, 25th

June 2022, 1st, 8th, 15th, 22nd (29th backup)

NEXT START OF MODULE 1

MAY 18, 2022

Pricing

Qi Gong 19:15 - 20:15	Single Class 6 Classes ²	25 - 30 CHF 135 - 180 CHF
Shuang Yang , per Module 18:00 - 19:00	6 Classes ³	135 - 180 CHF
Qi Gong & Shuang Yang 18:00 - 20:15	6 Classes	222 - 300 CHF

The pricing is structured as a price range. Please pick an amount according to your financial situation. If the minimum value is still unaffordable, talk to me and we'll find a solution. Kulturlegi gets 10% discount.

² **Go with the flow.** Attend 6 Qi Gong classes either each week or as you like, within a timespan of 3 months.

³ **Commit.** Certain things require commitment. Shuang Yang is one of them. If you miss a Shuang Yang class, you cannot repeat it, and no refunds are given. Without a commitment, you'll not succeed in learning the form. In times of our super flexible society, take it as an opportunity to grow in the area of commitment 😊.

Location

Indoors

Gruppenraum
Obere Zäune 14
8001 Zürich
Doorbell „Gruppenraum“, find the venue downstairs.

Outdoors

If the weather conditions are good enough, we'll practice outside in a park. I will inform accordingly.

JOIN THE SIGNAL GROUP TO STAY INFORMED

([CLICK](https://cutt.ly/Qi-Gong!Kung-Fu_AURELIAN), OR TYPE [HTTPS://CUTT.LY/QI-GONG!KUNG-FU_AURELIAN](https://cutt.ly/Qi-Gong!Kung-Fu_AURELIAN))

About Me

Inspired by many different martial arts, I trained full time with Master Armstrong Kung Fu and Qi Gong for a year. I am a certified Instructor at Nam Yang Association. Other masters of Qi Gong and Chinese Martial Arts I learnt from, are Mantak Chia and Li Rongmei.



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