

EVIDENCE - BASED

Qigong Tai Chi



29 - 31 March, 2019 in Zürich

For energy, vitality and tranquility

- * Cultivate easy-to-learn Evidence-Based Tai Chi 7 form and Qigong
- * Nourish your energy with dynamic movement, agility training and meditation
- * De-stress and get healthier with these unique combination of movements
- * Move gracefully with effortless power, utilizing the breath
- * Absolute beginners and long time practitioners each benefit from key foundational teaching

Greg DiLisio, M.Ac., from the USA teaches internationally the comprehensive Chen Style Tai Chi and Qigong within the lineage of the late Grandmaster Feng Zhiqiang. He has 34 years experience and is a certified teacher of Feng's disciple Master Yang Yang's Evidence-Based Tai Chi and Qigong Curriculum and advanced forms: Hunyuan 48, Cannon-Fist and Saber. Greg has taught thousands of students at Kripalu, the biggest holistic healing center in North America and Canyon Ranch Destination Spa in the USA since 1990. He is featured in the 60min DVD: Tai Chi/Qigong, *Following Movement in Nature*.

When: Friday, 29.3, 2019 19:30 - 21:00
Saturday, 30.3, 2019 12:30 - 17:30
Sunday, 31.3, 2019 11:00 - 16:00

Cost: Friday + Saturday + Sunday Chf 420
Saturday + Sunday Chf 380
Saturday Chf 200
Friday + Saturday Chf 220
Friday Chf 40

Where: Backstage Studio, Hardstrasse 81, 8004 Zürich

Info: Miwaka Ohara at miwaka@gmail.com or 076 579 7088 (sms/voice)