

Qigong Seminar

Chinese Yoga Seminar With Sydney Leijenhorst

The White Crane Soft Qigong

White Crane Soft Qigong is one of the most gentle and refined systems of Chinese Yoga. It is also a part of a broader qigong system that includes hard qigong and is embedded in a Chinese Martial Art called White Crane Boxing. This seminar however will mainly address the soft qigong exercises for health, healing and meditative development.

What you will learn is a set of relaxing and energizing movements, breathing methods and meditations that you can practice at home or in a park, the subtle and powerful energy work that is its foundation and meditative pointing out instructions that will help you to recognize deep, relaxed and open meditative states that ground your being.

This seminar is open for anybody who has engaged in qigong or an other contemplative body-mind discipline, such as traditional martial arts, some forms of dance, Indian yoga, etc., before, for at least one year.

Sydney Leijenhorst has over three decades of experience in practicing and teaching martial-, healing- and meditative arts. In addition his background as a physiotherapist and his involvement in modern integral approaches on health, personal development and spiritual practice enables him to offer a broad, deep and integral presentation of this ancient traditional Chinese practice.

Zaterdag & Zondag 21 & 22 April 2012, 10 17.00 uur
KenKon, Nieuwe Kanaal 11, 6709 PA Wageningen, Netherlands

info@kenkon.org / www.kenkon.org

1 Dag: 80 €; 2 dagen 120 € + vrije donatie;

KK leden/Studenten/Minima: 1 Dag 60 €; 2 Dagen 100 € + vrije donatie

Prijzen zijn inclusief lunch en cursusmateriaal

Voertaal: Engels en Nederlands, afhankelijk van deelnemers.