



uk taiji qigong foundation

Breast Health Qigong Workshop

A weekend workshop introducing Qigong Practices to help in the understanding prevention, and treatment of Breast Disease, from the Traditional Chinese perspective.

This weekend will offer a complementary approach to healing, in the treatment of breast disease, breast discomfort, cysts, tumours and cancer. These particular exercises and others similar, are used throughout China in hospitals and clinics to treat cancer, and have been proven to be effective. They are practiced alongside other forms of medicine, both Chinese and Western, and are recommended as a preventative regime for men and women.

The workshop will be taught by Jo Hale, who is a Homeopath, Zero Balancer, and Qigong Teacher for the UKTQF, and Rod Edlin who is an Acupuncturist and a Martial Artist of many years standing. Together they hope to offer a fun, relaxed, and very informative weekend, which will leave you somewhat the wiser about issues of health, especially breast health, and with a Qigong Practice which can be done with ease and is effective.

All are welcome.

This set of exercises involves gentle, focussed, easy movements, which will leave you energised and relaxed.

Vegetarian Lunch, and your favourite teas and beverages provided

Venue: the Woodlands Natural Health Centre, Derby DE22 1GR:

Dates: Sat. and Sun 6th and 7th October

Time: 10am to 4pm each day. Cost £90, including lunch, teas and biscuits.

For more information, and booking
Please 'phone Jo Hale on (01332) 299133

Or (01773) 882693 evenings..

E mail – johale.rshom@tiscali.co.uk

www.uktqf.co.uk