**CHI KUNG AND MEDITATION BEGINNERS COURSE**

**What is the course about?**

You will begin to learn the art of Infinite Chi Kung, holistic exercises that are soft and gentle enough for all ages and levels of fitness. The healing exercises will help you to deepen your breath and bring more balance and harmony to your mind and body. Relaxation and Meditation techniques will be introduced.

**What will the course cover?**

The course will cover gentle warm up exercises followed by the Golden Sun series, Standing like a Tree and the Six Healing Sounds. Each session will include a relaxation/Meditation process. The course will also cover the key principles and philosophy of Chi Kung.

Workshops vary but will include some Infinite Chi Kung but also some Qi Gong healing sets, chi massage and meditation.

**What can I expect to achieve?**

By the end of the course you should be able to:

· Practice Chi Kung/Qi Gong breathing exercises and standing postures

· Experience a more relaxed state of mind and body

· Incorporate a daily exercise routine into your daily life

· Utilise relaxation and Meditation techniques to calm, relax and rejuvenate

· Identify the underlying principles of this internal art.

**How will I be taught?**

You will be taught through demonstration of the specific movements and active participation within a class setting. The course tutor will also use verbal instructions and explanations to correct postures and provide a basis for your daily practice. Handouts outlining the specific movements and key principles will be given out.

 Are there any other costs (e.g. certification, materials, equipment or books I need to buy before or during the course?)

You should wear loose comfortable clothing. And bring along a blanket/shawl or warm clothing for the relaxation/Meditation period. Certain books and DVD will be recommended.

**How will I know how I’m progressing?**

Feedback and observation from the tutor, along with individual discussions if required. Level of participation and rate of achievement are largely dependent on personal daily practice. It is recommended that you keep a diary of your experiences for your personal reflection purposes only