

Celebrate the Year of the Tiger

Free Online Zoom Chi Gong Workshop



The Chinese zodiac gives each year an animal sign.

2022, starting from 1st February and lasting until January 21st, 2023 is a **Year of the Tiger** in the water element.

This workshop is both for beginners and advanced students. You will be guided step by step to experience the powers of the Tiger Chi Gong. **The Tiger** represents the yin or female chi, the direction is West, It is an embodiment of purpose and patience. Its power is coiled and hidden deep within but a tiger can spring into action with transformative force at will. The element of the tiger in 2022 is the water element, which in Chinese medicine is part of our kidney meridians. The water element and movements will be the second part of this workshop. This workshop is perfect to balance your body, health and emotions.

Booking is essential email: mariondavis56@gmail.com

FREE 90 min

Online Zoom Session

Date: 05 February 2022

Time: 2pm to 3:30pm