



Tai Chi Qi Gong [Shibashi]

Tai Chi Qigong Shibashi was developed by Professor Lin Hou-Sheng in 1979 and is generally referred to simply as Shibashi.

Shibashi is a Qigong based on the philosophy of Tai Chi and extracts some of the best movements from the Yang style Tai Chi Chuan. It places emphasis on synchronizing 18 movements with proper breathing techniques. It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

Shibashi is designed to improve the general health and well-being of the practitioner. The gentle rocking motions and stretching movements improve circulation and digestion. The chest exercises and controlled breathing are good for lung conditions and asthma. The overall effect of the exercise is to reduce mental stress and the physical tension carried in the muscles of the body.

This Qigong is very effective and easy to learn. It is practised around the world by over 10 million people, and is considered a national health exercise in Malaysia and Indonesia.

Some benefits of the 1st Set:

- Improves health
- Increases energy, agility and flexibility
- Loosens and strengthens joints and muscles
- Controls weight
- Rejuvenates body, mind and spirit
- Reduces stress
- Improves concentration and intuitive abilities
- Controls emotions
- Easy to learn and requires very little space for practice.
- No equipment or special clothing required.

Venue - Activities Room, St Nicholas Hall, Coleham Head, Shrewsbury, SY3 7BJ

Time - 7pm to 8pm every Tuesday [commencing 16.09.2014]

Fee - £5.00 per session

Visit - <http://www.taichi18.com/> for more information.