



QI GONG

Dao Hua Qi Gong Classes

Instructor:
Amadis Cammell

Structure:
5 terms of 6 - 8 classes
per year following the
five element season cycle.

Time:
Thursdays 7.30 - 9.30 pm

Venue:
Core Integration Centre
3 Longmead Road
London SW17 8PN

For further enquiries regarding
cost & dates, and for further
details about Amadis' work,
visit the websites

www.daoqigong.net
and

[\[integration.net\]\(http://integration.net\)](http://www.core-</p></div><div data-bbox=)

or contact

020-8671 1206 or

07941-665506 or

amadis@daoqigong.net.

Dao Hua Qi Gong, as developed by Zhen Di and Zhi Xing Wang, is the particular style of Qi Gong taught and practiced in this class.

Qi Gong (Chi-Gong) is a method in which one trains the mind, body and internal energy (Qi) system. The aim is to connect and transform one's mental, emotional and physical energy patterns and so reach a clearer state of mind, (Shen) and vitality, (Qi).

This connection to the Qi is obtained by using both internal feeling and physical sensation. This approach allows you also to connect to your true authentic self, (in Chinese philosophy: the original state of being). It also leads to a deeper awareness of the connection between oneself and life.

Qi Gong as taught by Amadis involves a combination of exercises, movement, postures and breathing techniques. Alongside these physical practices you will use visualisation whilst mentally focussing on the energy process unfolding within. Spontaneous Qi Gong is also at times part of this unfolding.

In this type of Qi Gong (Hua Gong) a distinct factor is that the teaching is 'transmitted' to the participants by the creation of a 'Qi-field'. In this way one can more easily and fully tune in and stay connected to the Vital - Life - Force, (Qi). Talks on Qi Gong's Oriental perspective on health, fitness, spirituality and well-being are also included in these workshops.



Dao Hua Qi Gong works simultaneously at both a physical and spiritual level.

Physically:

Practicing Qi Gong strengthens, relaxes and revitalises the body. It clears the accumulated stress and negativity in the body by opening and clearing the channels of Qi. The effect is to leave one feeling lighter, rejuvenated and more comfortable.

Spiritually:

The practice will help you to focus and develop your awareness and insight into the deeper and spiritual nature of yourself and life. This connection is experienced as a meditative, expansive, deeply nurturing and relaxing state.

Working at both these levels together, Hua Gong is a very effective method of self-healing.

The one - day workshop of Qi Gong will focus on self-healing. It is therefore of particular benefit to those suffering from any ailment or a general lack of vitality and well-being. It is also structured to benefit both newcomers and those with previous experience in Chinese methods of self-development.

Amadis has studied and practiced Qi Gong since 1988 and Dao Hua Qi Gong since 1990. Amadis brings to the workshops his knowledge and insights gained through his study and practice of Chinese medicine and philosophy and Western body - centred therapies. These help to deepen and clarify the practice and understanding of Qi Gong. Amadis runs ongoing evening classes, day workshops and offers individual Qi Gong healing sessions.