

Swimming Dragon Qi Gong Workshop



WORKSHOP HIGHLIGHTS:

- Learn this ancient Qi Gong form step-by-step with Fang's detailed instruction
- Learn how to breathe properly to reduce stress, improve concentration, open energy channels
- Learn how to use Mind (Yi) and connect Body (Xing) to move like a water dragon!
- Cultivate calmness and inner peace
- Strengthen spine and improve flexibility plus more

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