

HEALTH QIGONG (HQG) Ba Duan Jin (BDJ) Seated

Date: **3 Apr 2024 – 5 Jun 2024**
(every Wed for 10 weeks)

Time: **UK 10:30 – 11:45**
HK 17:30 – 18:45

Format: online Zoom sessions

Cost: **Free**

Language: English

Instructor: Ruby Ho, Qualified BDJ Instructor



Aims of the sessions

- ❖ Excite the internal good qi for internal health promotion and balance
- ❖ Assist in unblocking obstructed meridians
- ❖ Facilitate the acquisition of BDJ technical skills

Suit all abilities & All are welcome

To book your place & for enquiry,
please email **Ruby Ho** at
hqgruby@hotmail.co.uk



To learn more about HQG & BDJ, please visit
British Health Qigong Association website at
<https://healthqigong.org.uk/>