



## Qigong Workshop

**Ba Duan Jin—Eight Pieces of Silk** and associated **Neigong exercises** – an eight movement set for enhanced health and increased daily energy

With a thriving school in Brighton and Worldwide, this system is rarely taught in the rest of the UK. Now being offered in Bristol, this is a unique opportunity to discover this authentic Qigong and Internal Arts system



**Saturday 22<sup>nd</sup> April**  
**9.30 am– 5pm £50**

The Redland Club,  
Burlington Rd, Bristol BS6 6TN

For more info and to reserve your place  
email [Saul saulneill@gmail.com](mailto:Saul_saulneill@gmail.com)

[www.internalintentuk.com](http://www.internalintentuk.com)

