

Chi Kung

inside nature

with Raquel Jesus

"This practice is not about outstanding forms and appearance. Is instead, an internal cultivation of the natural way, where things happen without the need of excessive force."

Sessions combine sensorial, energetic and archetypical based guidance with a variety of ancient self-care practices aligned with the cyclic patterns and the natural elements:

- Standing Still Chi Kung (eight archetypical postures)
- eight internal stretches (Ba Duan Jin)
- belly-energising exercises (Dan Tien Kung)
- minimal movement
- acupressure

Autumn Sessions (cycle I)
September and October

tuesdays, 18h15-19h45

25 Sept; 2,9,16,23,30 Oct

Maria Austriastraat 117, IJburg, Amsterdam

90 Euros/6 sessions

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