

# *Chi Kung & Embodiment with Raquel Jesus*

Chi Kung & Embodiment sessions are oriented in cultivating body awareness, presence and energy flow. Sessions combine sensorial, energetic and archetypal based guidance with a variety of ancient self-care practices aligned with the season, such as:

- archetypal postures (standing, sitting or laying down)
- eight internal stretches (Ba Duan Jin)
- belly-energising exercises (Dan Tien Kung)
- minimal movement
- acupressure
- massage

*Winter Sessions*  
*January and February*  
*2018*

registration & info:

[raqueljes@mailbox.org](mailto:raqueljes@mailbox.org)

dates: Wednesdays, 10, 17, 24, 31 Jan;  
7, 14, 21 Feb, 13h00-15h00

location: Nieuwe Amstelstraat  
Amsterdam Centrum

price: 130 Euros /whole season