

## BIOSPIRALS METHOD TRAINING SCHOOL

### Discover Biospirals Chi Kung

- a new way with an ancient art

Grounding, calming and flowing, the Biospirals Method Chi Kung helps the body to relax and become more centred by emulating one of the most beautiful patterns in nature - the spiral. Through the Biospirals movements we are able to reconnect with our bodies and enhance our natural energy - chi.

Whether you are experienced in Tai Chi/Chi Kung or a complete beginner; have knowledge of Chinese Medicine, are a complementary therapist or energy worker; or are someone who simply wants to feel better within themselves, come and join us, have some fun and discover the potential of the Biospirals Method.

**One-day taster workshop** - 26 November 2016 - Farnham, Surrey

**Two-year training programme** - Night Pastures, Surrey

Module 1 - 19-21 May and 23-25 Jun 2017

Module 2 - 6-8 Oct and 17-19 Nov 2017

Module 3 - Mar and May 2018

