

Chinese Wellbeing Project

Chinese Health Qigong is for everyone, any age, any ability

中国养生项目

Do you want to feel happier, more relaxed and fitter?

Learn Ba Duan Jin - 8 Excellent Movements

Emerging from the Song Dynasty (960 - 1279 A.D.) these gentle and elegant exercises have been proven by modern scientific study to improve health and wellbeing

中国健身气功八段锦

Health Qigong has its origins in Traditional Chinese Medicine
Learn how you can benefit from regulating your Qi energy



☯ Balance your physical and mental health

☯ De-stress and improve your energy levels

☯ Improve your flexibility, stamina and memory

☯ Regulate your health and fitness in less than an hour a day

☯ Exercise in limited space, alone or with friends



For more information contact CEDP

phone: 07805 036018 or 07944 384838

email: info@chinesecentre.org

visit: www.cedp.org.uk

Free workplace, organisation and school demonstrations available

Please fill in this form and hand it in or return it to Chinese Wellbeing Project
CEDP Chinese Centre, BMECP Centre, 10A Fleet Street, Brighton BN1 4ZE

I would like to know more about Health Qigong, please contact me



My name is

My email is

My phone number is

I have practiced qigong tai chi martial arts
 yoga meditation none yet

I can also tell you

I am interested in Health Qigong - Ba Duan Jin

for the exercise to improve a specific ailment
 to feel happier to share with others
 to learn about Traditional Chinese Medicine

I am most likely to be available for classes

mornings afternoons evenings Sundays
 Mondays Tuesdays Wednesdays
 Thursdays Fridays Saturdays

I might know of an organisation workplace
 school/college who might be interested