

Qigong Class with Adina Satya Sattva Studio

<http://www.satyasattva.com/>



Dr. Adina Riposan-Taylor

<http://www.satyasattva.com/adinas-bio/>

200-hr IIQTC Tai Chi and Qigong Certified Teacher

Wu-Style Tai Chi Certified Teacher

Bu Zheng Qigong (Vitality Enhancement Method)

Revitalising Qigong practice – this method is formed of a set of warming up exercises, appropriate to practice at the beginning of every class, in order to bring the body, mind, and breath in the optimal state and to allow the Qi to circulate freely through the energy channels – the prerequisite for a successful and efficient Tai Chi and Qigong practice session.



Integral 10 Phases Qigong

Ten Phases of Qi Cultivation and Mastery – a beautiful and regenerating Soft Martial Arts practice, integrating an array of traditional ancient forms of Qigong, key principles of Chinese medicine and Mind-Body practice, as well as Daoist guidance toward awakening our True Nature and Eternal Self.

7 Precious Gestures Qigong (The Golden Elixir)



Seven gestures Qigong form built on the basis of the old verbally-transmitted teaching, practice and legend of the “Golden Elixir of Eternal Life”, coming from the Oriental wisdom, that re-discovers and cultivates the “inner elixir” concept as the most highly refined essence of self, our “true nature”, expressing the profound truth of eternal being.

Muscle/Tendon Changing Practice (Yi Jin Jing style)



Connective Tissues Transformation – ancient internal and external Martial Arts practice that strengthens your physical body (towards developing the Iron Shirt), and maintains the smooth circulation of Qi in the primary channels. We start with free-style Tendon Changing Qigong, to prepare the body, mind and breath foundation, then we'll continue with the 12-Classic Muscle/Tendon Changing form.