



The weekly courses – an overview

Below is an overview of the weekly courses that are offered in 2012

Day	Course	Teacher	Time
Thursday	Qi Gong	Corinna Flaig	7.30 pm – 9.00 pm
Sunday	Qi Gong	Corinna Flaig	7 pm – 8.30 pm

For additional courses, please, visit the detailed schedule under “courses” our website.

Qi Gong

Slowness as a resource for energy. Decelerate to accelerate. Contentment as a measure for success. Qi Gong mobilizes and stabilizes our own energies effectively.

Even though Qi Gong is more than 5,000 years old, it still provides value today, where burn-out rates in companies have already reached 80 % and cost in the public health sector are exploding. This is a time when each of us has to meet the challenge to keep up his/her health and secure the ability to work.

The exercises taught at Qi Gong Oberkassel are easy to learn and will support you in regenerating your own energies faster and to conserve them. You will feel better balanced and ready to meet the daily challenges.

Veranstaltungsort: Ballettschule Herz (Raum 005), Kreativ-Haus, Comeniusstr. 1

Contact

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