

Taijiwuxigong in Crete 2025

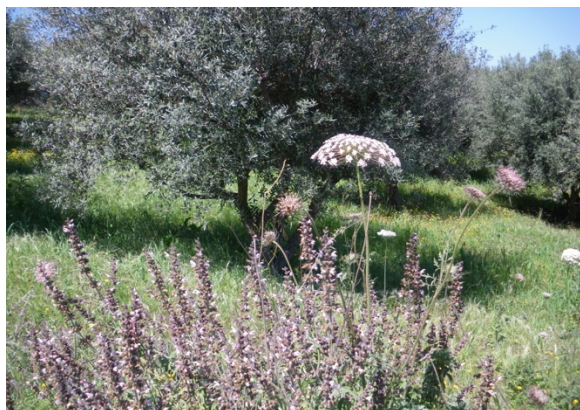
Andy Henry will be teaching Taijiwuxigong, a form of qigong developed by the late Dr Shen Hongxun.



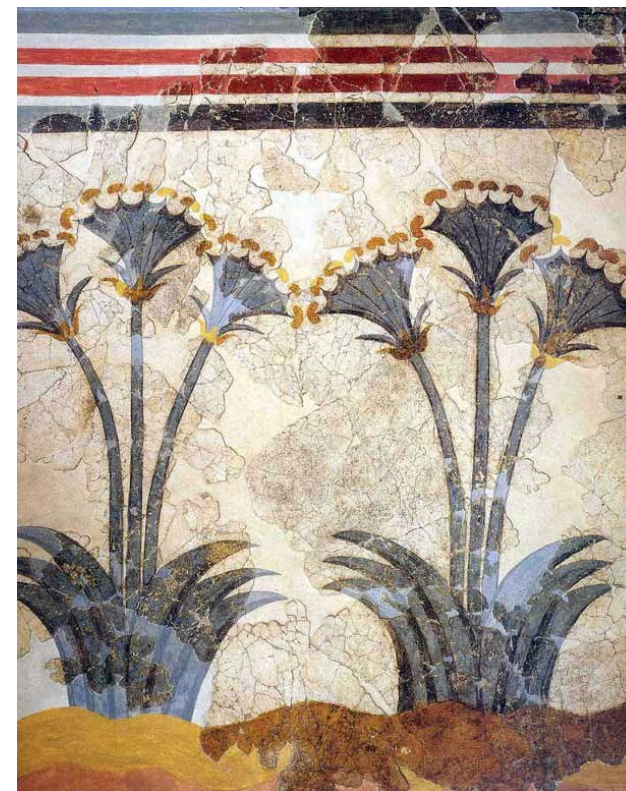
It consists of a series of self-healing exercises for our body, our heart and our mind. It helps us to activate and clean our internal energy system, to improve our health, and also to develop in meditation, if that is our intention. It will be suitable for beginners as well as for experienced practitioners.



The workshop will take place in an ancient olive grove near Agios Nikolaos dedicated to eco-agro-tourism, overlooking the Aegean Sea, and will involve a certain amount of walking (5-10 minute stretches). It will run from 4pm Friday to 6pm Sunday.



For those who have never visited Crete, this could be an opportunity, in addition to attending the workshop, to explore this magnificent island, with its biodiversity and traces of the pre-Hellenic Minoan culture. Apart from numerous archaeological sites, museums contain Minoan works of art full of exuberance, life force and elegance.



Dr Shen Hongxun, founder of the system, was a taiji grandmaster, a medical doctor, and a teacher in the Buddhist (Tibetan and Chinese) and Daoist traditions. He developed his Taijiwuxigong system out of these various sources, along with an energy healing system called Buqi.



Andy is a well-established international teacher and healer. He has studied and practised with different teachers from the healing, martial and spiritual traditions of East and West for over 30 years, and has been teaching for over 25 years.

To book, go to Andy's website qitreehealing.com and follow link.
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QIGONG IN CRETE

With ANDY HENRY

11-13 April 2025

