



**Therapeutic Tai Chi Qigong** is a very calming, nurturing system of mindful movements. It consists of simple coordinated movements plus breath exercises and is used for the purposes of health and vitality. We will learn 5 Element Qigong, the 6 healing sounds and colour therapies. These qigong practice will be focused around the needs of the students: these include exercises for lifestyle diseases, anxiety, depression, arthritis, chronic pain, respiratory issues, immunocompromised or for those who just want to improve their overall well-being and fitness.

# Therapeutic Tai Chi Qigong

**To calm and nurture the body  
and mind**

**Wednesdays 9.30 – 10.30 am**

**Venue:** St. Hugh's Catholic Church  
Hall, Hensington Road, Woodstock  
OX20 1JH

£ 15 per class.

**Beginners welcome!**

**Amy Thakurdas, N.D.** specializes in stress and trauma management using eastern Mind-Body methods. She studied Medical Qigong with Master Zhou Ting Zue and Yoga with B.K.S. Iyengar, in Los Angeles. Amy teaches how to combine dynamic movements with a deep mindful breathing to create a calm, balanced healthy life. She also teaches Embodiment (Somatic) Yoga and Pilates for anxiety and depression.

**To register contact:**

**[athakurdas@gmail.com](mailto:athakurdas@gmail.com)**

**<https://pureharmonyway.com/contact>**

**Tel: 07860 217771**