



Health Qigong Federation UK Newsletter April 2016

Contact : info@healthqigong.co.uk Facebook: Health Qigong Federation UK

Dear HQFUK Members and Friends

Health Qigong has many positive effects on the body, mental health, and spiritual well-being, and at HQFUK we continue to promote its benefits by classes, events and opportunities to train with the best coaches from CHQA and with our own tutors qualified through CHQA and IHQF.

Chinese Health Qigong Association delegation to the UK

We are very proud to announce the visit to the UK of 6 of the top CHQA coaches from 24th May to 6th June 2016, and the return visit of Prof Wang Yan who will be staying locally 24th May to 5th June. During this time Prof Wang Yan will be leading classes and seminars arranged in Chislehurst, Greenwich, Cambridge and Norwich. We will also arrange for Duan way qualification examinations and demonstrations.



Prof Wang Yan, with Herman Wang (r) and Tony Childs (l) during 2015 visit

Prof Wang Yan itinerary

- 24
- 25 London
- 26 London
- 27 London am travel to Norwich pm
- 28 Norwich HQFUK
- 29 Cambridge HQFUK
- 30
- 31
- 1 Chislehurst Class
- 2
- 3
- 4 Seminar Greenwich Haddo Building 11-4pm
- 5
- 6 Return to China

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HQFUK Bid to host the World Health Qigong Exchange and Tournament and World Qigong Scientific Symposium 2017 in London UK

We have been working with London Mayors event organisers London and Partners to prepare a bid to host the games and scientific forum. London is bidding against Brazil, Canada, Hong Kong, Holland and Germany. The event is likely to attract teams and delegates from up to 78 member associations across 46 countries, and approaches have been made to potential London partners for Tournament and conference spaces, training spaces, accommodation, event locations and sponsors

Madame Gao Lanjie The Director of the Foreign Exchange Committee of CHQA & Director of IHQF Secretariat will also meet with London Government Association representatives this May regarding HQFUK's bid.

Chislehurst class

Classes commence from 26th April in the ground floor Community Hall of The Old Chapel (located off the High Street via access path between Go Travel and Café Nero) The classes are for a 12 week term starting Tues 26th April 2016 - cost £8 per session for members and £10 per session for non-members (£96/£ 120) payable in advance. Class times are from 6.30 pm to 8pm.



Shooters Hill Class

There are weekly classes at Shrewsbury House, Bushmoor Crescent London SE18 3EG on Saturdays 10-11am. Cost is £20 per month/£7 drop in. From May prices increase to £25 per month/ £8 drop in



Greenwich Class

There is a new class commencing weekly Weds 7-8pm from 13th April at Greenwich West Community +Arts Centre, New Haddo Building, 29 Tarves Way Greenwich SE10 9JU. This is a two minute walk from Mainline Greenwich BR and DLR station. Prices will be £7 drop in for April then £25 per month/ £8 drop in from 4th May 2016. Contact Tony Childs, for more information or to book a place, on 07500 873932



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International Health Qigong Federation

The next IHQF general meeting and forum will be hosted in Juihuashan China 12-18th August 2016

European Health Qigong Games and Scientific Forum

This will take place in Rouen, France 24-30 October 2016. We encourage HQFUK members to attend,

Once again, if you require any further information on the events detailed above please contact us.

Mr Herman Wang, Chairman HQFUK , expresses his warmest thanks to all our members and friends