



Health Qigong Federation UK Newsletter MAY 2016

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

Dear HQFUK Members and Friends

Regular practise of Health Qigong brings many positive effects on the body, mental health, and spiritual well-being. At HQFUK we aim to maximise those benefits by providing classes, events and opportunities to train with the best coaches from CHQA. All our tutors are qualified through CHQA and IHQF.

Chinese Health Qigong Association delegation to the UK

The CHQA are sending 6 of their top coaches to Britain this summer, working in collaboration with us & providing the dedicated services of Prof Wang Yan for HQFUK members/practioners 24/5 -6/6/16. During this period Prof Wang Yan will be leading classes and seminars arranged in Chislehurst, Greenwich, Cambridge and Norwich. There will be opportunities to take Duan way qualification examinations.



Prof Wang Yan at Ide Hill Kent HQFUK Seminar May 2015



Prof Wang Yan at Mycenae House HQFUK seminar May 2015

Prof Wang Yan itinerary

MAY

- 24 Arrival.
- 25 London
- 26 London – London and Partners, City Hall, ExCel,
- 27 A.M London PM travel to Norwich. 6pm Seminar “Merge”, Dereham Rd NR2 4HX
- 28 Norwich HQFUK 11-1pm Seminar Vernon Castle Room, and 1-3pm 2 Health Qigong taster sessions in The Library The Forum NR2 1AW
- 29 Cambridge HQFUK
- 30 Chinese Medical Inst/ Confucius Inst LSBU - TBC
- 31 Chislehurst 7-8.30pm Seminar and class, The Old Chapel High Street Chislehurst BR7 5AP

June

- 1 Oxford
- 2 Instructor Training, Livingstone House Chislehurst BR7 5DB – by appointment -TBC
- 3 Duan Way examinations, Livingstone House Chislehurst BR7 5DB– by appointment - TBC
- 4 Seminar Shrewsbury House SE18 3EG - 11-4pm **please note - *Change of location***
- 4 Evening Meal, Greenwich – places must be booked in advance
- 5 Public Seminar – Chislehurst Library, Red Hill BR7 6DA – TBC
- 6 Return to China **CONT/D...**

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

We have now completed the first stage of our bid to host the games and scientific forum 2017 and should hear shortly whether we have been selected to present our case in person in Juihuashan later this year – the shortlist will be selected from HQFUK (London), 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 we continue to work with potential London partners for the 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 are held in the ground floor Community Hall of The Old Chapel (located off the High Street via access path between Go Travel and Café Nero) BR7 5AP 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

Classes weekly Weds 7-8pm 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 £25 per month/ £8 drop in. Contact Tony Childs, for info/booking on 07500 873932



Cont/d ...

INTERNATIONAL EVENTS

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