



TELOS

Dayan Qigong and Shaolin Kung Fu Lessons in Cambridge and Milton

Ancient health exercise taught in the traditional way

Do you want to...



Get active?



Feel relaxed yet energetic?



Learn to still your mind?

To help you...



Manage Stress?



Release Tension?



Improve awareness?

“Life changing”

“Changing me in ways I didn’t know I needed”

When I went to my first Tse Qigong Centre class in 2012, I doubted I could do ten minutes of the gentle movement class but I knew I had to change something... I did the whole hour and haven’t looked back.

I have been training in Qigong ever since, having begun training in various martial arts in the late 1990s. I am honoured to be a Tse Qigong Centre authorised instructor and professionally registered physical well-being and rehabilitation practitioner.

- Kay White

Come to class and get yourself:

- Energised
- Relaxed
- An ancient, traditional skill to help you balance your mind and body

Gain resilience when faced with:

- Pain
- Stiffness
- Stress
- Bad habits

Cambridge Classes

(for ages 18+)

Fridays

Chun Yuen 18:30

Fridays

Qigong 19:30

Gibson Hall, Downing Place URC, Cambridge, CB2 3EL

Milton Classes

(for ages 18+)

Mondays

Qigong 18:10

Wednesdays

Qigong 13:30

Milton Community Centre, Coles Road, Milton, Cambridge, CB24 6BL

Weekly classes persisted throughout pandemic and will continue to adapt.



info@telos.org.uk



07539 486 028 (M-F, 9:00 - 17:00 GMT)

www.telos.org.uk

www.tseqigongcentre.com