Tai Chi & Qigong Energy Flow

Day: Wednesday
Time: 7:00 am
Duration: 60 Minutes
Location: Sandbar
Instructor: Sophie

In a Nutshell

In this healing combination of Tai Chi and Qigong you will perform a series of slow movements and stretches accompanied by deep breathing and self massage techniques to stimulate the energy flow in your body and leave you to feel energized for the rest of the day! It incorporates the Five Element system (Wood, Fire, Earth, Metal, and Water) which helps us to understand the characteristics of the body's energy. This class is for everyone, regardless of their physical state.

Why you need this Class and what it does for you

Pairing Thi Chi and Qigong is a very gentle way to leave any stress or anxiety behind and step into your balanced and happy self. Improve your mood and enjoy your vacation to the fullest, mentally and physically. Qigong can improve your energy and stamina, elevate your mobility, balance and agility. The smooth transitions from one move to the next help you ease into your day.
The 5 Element System is the center of Chinese medicine and connects wood, fire, earth, metal and water to our internal organs. The lungs, heart, liver, spleen and kidney are associated with different emotions. Specific healing movements as well as breathing techniques help release toxic emotions.

The Instructor

Sophie Slegers is a very experienced Tai Chi teacher. She is also a Reiki & Sound Healer as well as a Qigong instructor. She runs her own non- profit organization "promoting self-care maintenance with the focus on therapeutic activities such as Qi

Gong, Easy Tai Chi, Yoga, meditation, Sound Healing, Reiki, reflexology and healthy detox teas.”