



Jeremy Colledge

Medical Qigong

Zhineng Qigong

Therapy, classes and courses

Would you like your own private Qigong Tuition?

How about inviting a group of your friends to learn?

Learn the basics of Zhineng Qigong, self-healing and Meditation in one weekend (Friday night to Sunday)



Jeremy has been a Qigong Teacher and Healer for twenty years, and a student of qigong for thirty or more years.

For the past ten years he has been concentrating on Zhineng style Qigong. (Once voted the most effective style of Qigong in the whole of China) This style is renowned for its safety, simplicity, accessibility and healing abilities.

The Weekend

This can be held in your home, for a minimum of six people. (Price negotiable – Suggested £250 pp per weekend)

We would have dinner together on the Friday night, allowing me to introduce Zhineng to your group, and to lay out the aims and objectives for the weekend.

We would then work from Saturday 9:30 - 5pm and Sunday 10 – 4pm

During this time, we will learn the form of Lift Qi Up, Pour Qi Down, in some detail, I will teach some simple standing and sitting Meditation techniques, breathing techniques and most importantly self-healing techniques.

This course will be accessible to all abilities. It's suitable for teenagers to eighty year olds

Qigong is used in China to cure all sorts of Chronic Illness, provided you are not in need of immediate medical attention, anybody may attend, and learn self-healing.

Call Jeremy on 07808 738 520 to discuss, or Email jem@medicalqigong.co.uk