

# Qigong

## What is this session?

A practical session of coordinated body posture and movement, breathing and meditation, for the purposes of health, spirituality, and martial-arts training.

## Format

This session takes place via Zoom and lasts 1 hour.

## When?

Qigong takes place weekly on Wednesdays from 5.30-6.30pm. Zoom links are shared via the Movement Broadcast below.

---

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
  - [XRUK Talks and Trainings Facebook Page](#)
-