

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](#)
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