



**Inner Rhythm-Internal Arts
Yoga and Qi Kung in
South Staffordshire**



“Fluidity and Grace”

A Day of Yoga and Qi Kung

With

Vivien and Philip Skelton

(BWY Diploma – BCCMA & Tai Chi Union)

Saturday 2nd January 2010

10am – 4.30 pm

Cost £25

We are a fluid body; our life begins moving with ease and grace with an inherent freedom of movement. Fluidity is smooth and direct with no superfluous activity. It is the interplay between a resilient core and a responsive exterior. This awareness gives our body a lightness and freedom, that hopefully we will eventually crave. Grace in the physical sense means being comfortable with our body and our environment.

During the day we will explore our body’s ability to move energetically and gracefully which will help us to begin to restore our natural balance and rediscover our inherent freedom of movement through respect, a gentle listening, feeling and sensing. The practices of the day will culminate in the Daoist Dance of the Dragon.

Venue – Thomas Spencer Hall, Church Street, Whittington, Lichfield,
Staffs WS14 9JX. Ample free parking

Please bring a vegetarian dish to share for lunch. Drinks will be provided

www.InnerRhythm-InternalArts.co.uk

Booking Form
“Fluidity and Grace”
Saturday 2nd January 2010

Name.....

Address.....

E Mail..... Tel No.....

Information and booking contact Vivien Skelton. (Cheques payable to Vivien Skelton)

Please send SAE if you require a receipt....and/or directions...(Please tick)

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