

TAIJI & QIGONG

A Pathway to Wellbeing

Workshops with Peter Dobson



KAPITI Workshops 2018

Sunday 19th August

Cost: \$70-\$120 (depending on income)

Weekend of 6th and 7th October

Weekend of 13th and 14th October

Cost: \$170 per weekend or \$290 for both weekends

Please Enquire about Early-Bird and Low-Income Specials

Peter Dobson has been studying and teaching Taiji and Qigong for 30 years and is a senior student of the Taijiquan School of Central Equilibrium under the tuition of Wee Kee Jin. He has also studied Buddhist philosophy and mediation and has taught in prisons and rehab. He loves music, from blues to classical and is an artist and portrait sculptor.

The focus of Peter's Taiji practice and teaching is about reflecting, re-educating, and reconnecting with internal senses, inner knowledge, and intuition. Regular practice stimulates the natural capacity for regeneration and healing and has numerous health benefits.

Information and bookings: Contact Meg Stone - meg.aotearoa@gmail.com / 0224049009

FREE student-led weekly practice groups in Otaki (Monday) & Paraparaumu (Thursday)

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