



Hundreds attended the morning workshops at WOMAD music festival last July which were led by Phil, Emma and Alan Baker.

Now you have no excuses not to practise at home! This excellent dvd, recorded in real time, offers you Alan leading a taiji warm up, Phil expounding on the philosophy behind taiji and showing some simple qigong, and Emma leading the powerful, energy-enhancing 5 Elements qigong set.

*Also available, from June 2009:*

Yang Style Short Form and Qigong DVD featuring warm-up qigong exercises, front and back demonstration of the complete form, sections of the form broken down for teaching purposes. Excellent value. Available from Phil and Em's classes or contact Emma 07710 768 813

