

# Chí Kung

## Autumn Sessions with Raquel Jesus

*Bodies* are the containers of our experiences. Caring for our internal life, such as physical sensations, energy and thoughts, with mindfulness and resourcefulness, can increase grounding, regulate energy and stress levels.

*Chí Kung* sessions are oriented in cultivating stillness to promote embodiment, presence and inner flow. Sessions combine sensorial, energetic and archetypical-based guidance with a variety of practices, such as:

- archetypical postures (standing, sitting or laying down)
- eight internal stretches (Ba Duan Jin)
- belly-energising exercises (Dan Tien Kung)
- minimal movement
- breathing
- acupressure

registration & info: [raqueljes@mailbox.org](mailto:raqueljes@mailbox.org)

dates: Wednesdays, 20, 27 Sep; 4,11,18

Oct from 13h00-15h00

location: Van Ostadestraat 387

Amsterdam

price 100 Euros /season