

THE QIGONG SCHOOL at THE PERSONAL ENERGY CENTRE

Qigong is the Science, Art and Skill of Cultivating Your Energy and Life

Classes & Training With James MacRitchie - Starting Next Week -

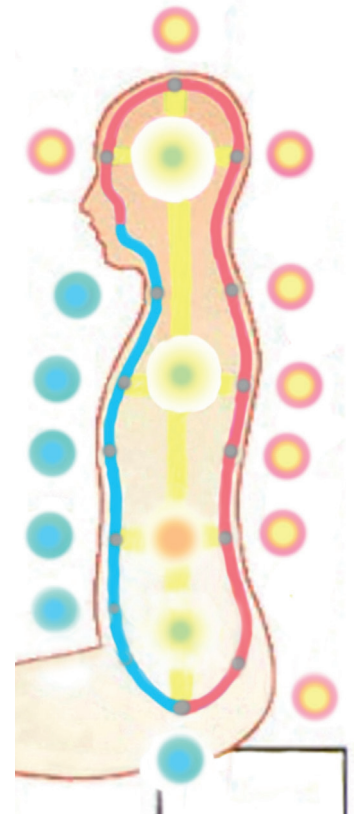
Everybody wants to be in their best condition, and to have health and happiness. However, there are not many ways to achieve this most desirable state of being.

Qigong has stood the test of history, providing a foundation of health over 2,000+ years. Having been held in secrecy in China by the Aristocracy and Elite, it has now become available at the speed of the Internet.

The following classes are available this year. They are 9 month trainings in 3 x 12 weeks sections - but you can just do the 1st, then add the 2nd, or do all 3. Apart from the new 'In Person' 8 Extra Meridians class on Tuesday evenings, the other take place on Zoom, so it is easy, accessible and anyone can join in from any location.

If the timing does not work you can also do any of the programmes by Zoom recordings, at reduced cost

Free Introductions You are invited to any of the following to find out more, do a trial class, and see if this is for you. Just join in at - <https://us02web.zoom.us/j/85235294171>



THE 8 EXTRAORDINARY MERIDIANS

This is the foundational beginners practice of Qigong, and the basis of all styles and systems. It has been developed by Jim over 40 years.

On-Line - Tuesdays 5.30-7.00pm

In Person at Hope Street - Tuesdays 7.30-9.00pm

Intros Tues 10th Oct / Starts 17th Oct. 12 weeks. £80. Recordings only - £50

CLINICAL APPLICATIONS OF QIGONG ACUPUNCTURE

This class focuses on the Qigong Acupuncture treatments applied by Jim. His clinical autobiography will be the foundation of this programme.

Of special interest to anybody treating patients. Open to all.

On-Line - Thursdays 5.30-7.00pm.

Intro Thur 12th Oct / Starts 19th Oct. 12 weeks. £80. Recordings only - £50

TAOIST STUDIES & THE THREE TU/CHARTS

These three Tu/Charts (see next page) are the foundation and essence of Qigong, Taoist Practice and Inner Alchemy, with information from the earliest times. This class focuses on each for a 12 wk period, with books and texts.

On-Line - Thursdays 7.30-9.00pm.

Intro Thur 12th Oct / Starts 19th Oct. 12 weeks. £80. Recordings only - £50

To Register, or for more details, contact

The Personal Energy Centre

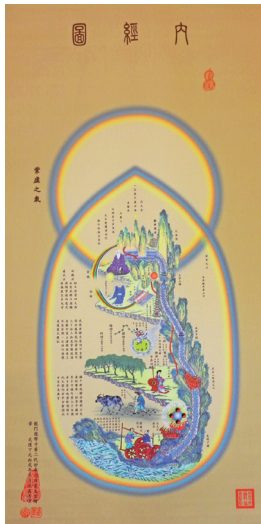
26 Hope Street, Liverpool L1 9BX, Merseyside, UK

jamesmacritchie@gmail.com 07913208959

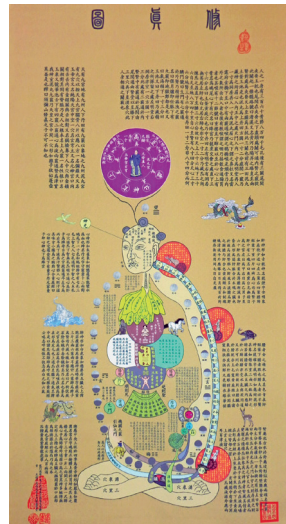
www.personalenergycentre.com

Zoom - <https://us02web.zoom.us/j/85235294171>

The Three Tu/Charts of Taoist Studies



Nei Jing Tu



Xiu Zhen Tu



Huo Hou Tu

Students Statements

“My life flows in a much better way now. It has changed since I have done this training. I think it is keeping me well. It makes me feel safe, and in control of my own energy”

“I feel I am a different person after being in this 9 month training than I was before it started, and a better person. I’ve been around, and you teach things that other people don’t teach. You teach things that are very unique”

“I have really enjoyed it. It has been exciting for me and I really saw the benefits”

“Sharing this with other students has been a very pleasant, really nice experience. Being able to get in touch with my energy through these practices has been so helpful”

“It has really changed me. Doing the class is an excuse to practice”

“I find it really fascinating. This stuff you are teaching us is not really available in many other places. It has been revolutionary to me”

“I have experienced a lot more stillness and inner energy movement. The pieces in the energetic jig-saw have fallen into place. The way I operate has really changed at a deeper level”

The Personal Energy Centre

26 Hope Street, Liverpool L1 9BX, Merseyside, UK
jamesmacritchie@gmail.com 07913208959

www.personalenergycentre.com. Zoom - <https://us02web.zoom.us/j/85235294171>