

Tao Kung classes Sheffield improve your health, energy, vitality, balance, flexibility and strength



Are you 35 + Do you want to improve your health, by learning a system of gentle but powerful movements that will bring you energy, balance, harmony, vitality, strength & flexibility ?

Tao Kung



Classes are held on **TUESDAY** evenings 7-9 pm
Your first class is **FREE**

@ RSPCA Sheffield, Sheffield Animal Centre, 2 Stadium Way, Attercliffe, Sheffield, S9 3HN.

Tao Kung is a system of movements originating from the martial art of PGB White Crane Silat for people who have experienced health problems & older adults who wish to improve and/or maintain their health. It includes gentle exercises/warm up's, gentle forms inspired by nature & breathing movements that will improve your health, reduce anxiety & stress. Come and try a class with no pressure, you are very welcome.

www.pgbwhitecraneuk.com

For more information contact Jacqui Moore 07969625490

Search www.pgbwhitecraneuk.com
<https://www.facebook.com/PgbBangauPutihIndonesia> https://instagram.com/pgb_bangauputih

Location **Yorkshire and the Humber, South Yorkshire**

<https://www.freeadsz.co.uk/x-349131-z>

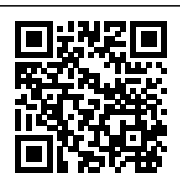


Are you 35 + Do you want to improve your health, by learning a system of gentle but powerful movements that will bring you energy, balance, harmony, vitality, strength & flexibility ? Then Tao Kung could be right for you ! Classes are held on **TUESDAY** evenings 7-9 pm @ RSPCA Sheffield, Sheffield Animal Centre, 2 Stadium Way, Attercliffe, Sheffield, S9 3HN. You are welcome to come along and try a class Free with no obligation to join, just find out if this form of exercise is right for you. For more information call Jacqui on 07969625490 079696254... (click to reveal full phone number) or look at www.pgbwhitecraneuk.com or www.pgbwhitecraneuk.com <https://www.facebook.com/PgbBangauPutihIndonesia> https://instagram.com/pgb_bangauputih https://twitter.com/PGB_BangauPutih

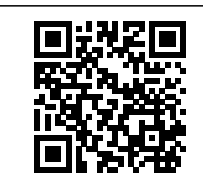
Tao Kung is a system of movements originating from the martial art of PGB White Crane Silat for people who have experienced health problems & older adults who wish to improve and/or maintain their health. It includes gentle exercises/warm up's, gentle forms inspired by nature & breathing movements that will improve your health, reduce anxiety & stress. Persatuan Gerak Badan (PGB) is a school of Silat, (martial art,) founded by Suhu Subur Rahardja in 1952. in Bogor, West Java, Indonesia. The White Crane (Bangau Putih) is its emblem. His son the current Grand Master Gunawan Rahardja inherited the school 1986. The school is admired for its dynamic, powerful and graceful style, with students all over the world. In 2000, Guru Gunawan Rahardja developed a series of simple movements to improve health in older adults or for the practice of adults who experience or are recovering from ill health. He named this system of movements Tao Kung, translated Tao Kung means 'motion for harmony'. The gentle movements give powerful results. practicing Tao Kung enables the body to heal, harmonize and balance in mind, body & spirit. Tao Kung is enjoyable, no strain or force is used, movements are

practiced in line with each person's individual ability and scope. The movements are done slowly and with attention to the posture of the body. Practitioners develop their awareness of their body. This enables them to improve balance, strength, flexibility and energy. They also experience deep relaxation, harmony and inner peace. The benefits of the system include: strengthening muscles, bones and immune system, balancing of the bodies systems including the respiratory, nervous, hormonal, lymphatic systems.

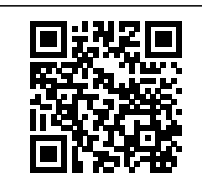
Harmony of the internal organs. Increase vitality, stamina and renewal. The promotion of Chi or Qi. Wellbeing and reduced anxiety and stress.



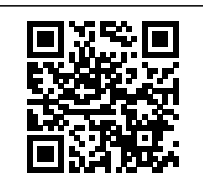
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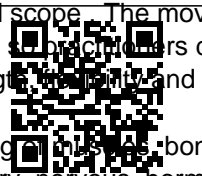
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