



Festival of Practice Programme

Qigong and the Chinese Arts of Self-care



和谐养生：
中医气功、太极
与中国养生艺术

Festival of Practice: A celebration of the Chinese Arts of Self-Care

Sunday 16 April 2023



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



Y Sefydliad Cytgord
The Harmony Institute



Festival of Practice

Workshop Leaders



MAURO LUGANO

Since 2010 Mauro has been exploring his therapeutic vocation studying Oriental Manual Therapies, and during that time began practicing traditional forms Qigong and Taiji Quan.

He has received instruction and collaborated with western teachers such as Gustavo Villar from El Centro, Argentina, and later in Europe with Anne Hering from the Zhigong Institute. His wondering spirit led him to visit China where he trained under *ex-Hua Xia* teachers such as Yuantong Liu, Tao Qingyu, Zhao Liancheng, Liu Jianshe and Yuan Ming among others. He currently lives in Slovenija.



FEIXIA YU

Yu Feixia is Director of the Confucius Institute at the University of Central Lancashire Confucius Institute and is the founder of *YuTaichi*. She teaches several forms of qigong.



POL WONG SHI YONG JIE

Pol Wong is founder of Hafan Shaolin Cymru School of Gung Fu and Qigong and has been teaching in North-East Wales for the last 25 years.

He has studied various Southern styles including Lau Gar Kune, Wing Chun, Gong Lik kune and won medals in World and European Championship level for kickboxing. In 1995 he left Wales to join a Shaolin Temple and trained under various monks and other teachers, in the three aspects of Shaolin gong fu, - Wu Gong, Qigong and Chan. In 2000 he became a 33rd generation disciple of Shaolin Temple and began training under a single master in the internal Shaolin Gong fu system (Xing Yi Ba) until 2004.

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The Festival of Practice brings together Qigong and Martial Arts experts from the UK, Europe and China in a celebration and sharing of different practice styles and Chinese wellbeing experiences.

Morning	Venue	Workshop
10:00 - 10:55	Old Hall Saint David's Building	Mauro Lugano Taiji Ball Among the many methods for conditioning body and mind in martial arts, the practice of <i>Tai Ji Qiu</i> , or Tai Ji ball, is a treasure that due to its secrecy almost got lost in time. It's a versatile method that bridges well-being Qigong practice with martial arts training and allows for different levels of progression and is accessible to virtually anyone. Using very light paper balls can greatly enhance the practitioner's sensitivity and fine motor skills, while wooden or stone balls can be used for gaining strength and endurance.
11:00 - 11:55	Arts Hall Arts Block	Pol Wong Shi Yong Jie Qigong Practice and Culture In this session Pol Wong will explore what it means to practice qigong in our modern society and will introduce foundational Shaolin qigong concepts. A great session for both new and experienced practitioners.
12:00 - 13:00	Founders' Library Old Building	Feixia Yu Wuqinxi 5 Animals Frolics Wuqinxi (Five-Animal Frolics) was created by the renowned physician Hua Tuo nearly 2,000 years ago to cure and prevent diseases. In this workshop you will learn about the 10 movements associated with the Tiger, Deer, Bear, Monkey and Bird, and their corresponding internal organs. The workshop demonstrates the Daoyin principle of Medication in Motion.

Afternoon: 13:30 to 15:00

Old Hall Saint David's Building	Arts Hall Arts Block	Founders' Library Old Building
<p>Mauro Lugano</p> <p>Breathing with Nature</p> <p>Breathing with Nature is a series of crafted exercises based on Qigong and mindfulness and is an innovative way to help relieve problems caused by a sedentary lifestyle, depression and related issues.</p>	<p>Pol Wong Shi Yong Jie</p> <p>Going deeper into Qigong Practice</p> <p>Pol Wong will explore how qigong practice can be used to cultivate self-knowledge, self-control, and self-understanding. This is the essence of Shaolin training which is at the heart of the practices in this workshop</p>	<p>Feixia Yu</p> <p>The Eight Phrases</p> <p>All practitioners of Zhineng Qigong are aware of the 8-line mantra that is chanted at the beginning of any training. In this workshop, we will look into its meaning character by character, allowing you to come up with your own interpretation. We will then explore its significance in guiding the mind and in constructing the energy field for practice. The idea of sounds and vibration in energy channels will be discussed.</p>
	<p>Closing Group Practice 15:00 to 15:30</p>	

For more information about our Chinese wellbeing courses, workshops and research, visit <https://www.uwtsd.ac.uk/confucius-institute/chinese-wellbeing/>

To register for our Medical Qigong weekly online, live-streamed course direct from Jiangxi University of Chinese Medicine visit <https://www.uwtsd.ac.uk/weekly-medical-qigong/>



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