

Private Sessions



Are you looking to refine your Tai Chi form or eager to learn a new Qigong practice? I'm excited to offer private online sessions tailored to your needs and goals. Whether you are a beginner wanting to dive into the world of Tai Chi and Qigong or an experienced practitioner seeking to perfect your techniques, my one-on-one sessions are designed just for you.

In our private online sessions, conducted via Zoom or Teams, you'll receive personalized instruction that focuses on your specific areas of interest. We can work on refining your form, enhancing your energy flow, and deepening your understanding of these ancient practices. My goal is to help you achieve a harmonious balance of body, mind, and spirit.

What you can expect from a private online session:

- Customized lessons to suit your level and aspirations
- Detailed guidance and corrections to improve your practice
- A supportive and encouraging learning environment
- Flexible scheduling to fit your busy lifestyle
- Supporting written documentation

Each 40-minute online session is priced at £30.

Ready to take your Tai Chi and Qigong journey to the next level? Contact Tracey via email at taichiandlemons@gmail.com to book your private session and start experiencing the transformative benefits of these beautiful practices from the comfort of your own home.

Looking forward to practicing with you!

