

Events and Workshops



Welcome to our Events and Workshops page! Here, you can stay updated on our latest courses and workshops designed to enhance your wellness journey. Whether you're a beginner or an advanced practitioner, we have something tailored just for you.

Upcoming Workshops and Challenges

Fragrant Qigong level 2

We are excited to announce an upcoming opportunity for both new and experienced practitioners: the 90-Day Challenge for Fragrant Qigong Level 2. This challenge is perfect for those who have already completed the 90-Day Challenge for Fragrant Qigong Level 1 and are looking to deepen their practice. However, we also welcome newcomers who have not previously participated in Level 1.

While it is preferable for participants to be based in the UK, we are open to considering international applicants who are willing to engage in Zoom sessions. This flexible approach ensures that anyone with a passion for Fragrant Qigong can join us and benefit from this transformative experience.

If you are interested in taking part in this challenge, please email us at:

taichiandlemons@gmail.com

In your email, tell us a bit about yourself and explain why you would like to participate in this 90-Day Challenge. Your insights will help us understand your motivation and ensure you get the most out of the program.

For more details or any inquiries, feel free to reach out to Tracey Lindsay at the above email address. We look forward to hearing from you and embarking on this journey together. Keep checking this page for more updates on our courses and workshops!

