

Our Tai Chi is characterised by a strong emphasis on building health, power and understanding of internal energy through experiential study of Tai Chi's concepts and principles. We cover the entire Yang Style Tai Chi syllabus, so no matter how deeply you want to look into Tai Chi, we will be there for you.

Chi Kung (also QiGong) strengthens the body's energy system and is also a form of standing meditation. You will become re-vitalised and more focused.

Meditation techniques promote a sense of calmness and peacefulness. De-stress your life with our simple, but effective guided meditations (see website for details: www.wulonghealing.com)

Reiki is a totally safe, non-intrusive hands-on healing technique for physical and emotional development. It is an holistic system for healing body, mind, emotions and spirit, and it can be used to encourage personal and spiritual awareness and growth.

Wulong Healing Arts promotes Health and Healing through the study of Tai Chi, Chi Kung, Meditation and Reiki

Public Classes: in Tai Chi and Chi Kung are held at the Clane Tai Chi Club, Clane, Co. Kildare (see website for location, class times, courses and fees)

Private Clases: in Tai Chi, Chi Kung and Meditation are by appointment only (please phone or email for further information, also see website)

Reiki Healing: By appointment only (please phone or email for details, also see website)

Contact Details

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Clane Tai Chi Club is a Branch of the John Ding International Academy of Tai Chi Chuan (JDIATCC-North Kildare)

JDIATCC Web: www.jdiatcc.com

Wulong Healing Arts



**TAI CHI
CHI KUNG
MEDITATION**

**Well-Being
Calm Mind
Strong Body
Inner Balance
Stress Relief**

WHAT WE OFFER

Authentic Yang Style Tai Chi

Chi Kung

Meditation

Reiki

JDIATCC Certified Instructor



Member of the Irish Martial Arts Council

Member of the Reiki Federation of Ireland

WHAT YOU GET

Stress Relief

Well-Being

Self Confidence

Relaxation

Health and Fitness

Inner Balance

Meditation

Healing

Self Defence

SUITABLE FOR

Women & Men of all ages

Health Services

Ladies' Groups

Special Needs

Corporate Stress Management

