

Qigong for Arthritis & Osteoporosis

Taught by Aj. Toh & the TQH Team



All levels welcome

Cost: 2,000 baht for 6 sessions

Thursdays, 1:30-2:45pm

August 6, 13, 20, 27 &
September 3, 10

In this 6-week course, we will explore a series of Qigong movement and breathing exercises to relieve bone and joint-related ailments. We will also practice preventative care for osteoporosis, arthritis, and related diseases, including motions to improve physical balance. Drawing from the wisdom of both Chinese & Thai Medicine, progressive lectures will discuss the causes of certain bone diseases, as well as their connection to chronic health conditions, such as lung infections and allergies.

Skillful Breathing for Immunity: A Meditation Course

Taught by Aj. Toh & the TQH Team



All levels welcome

Cost: 800 baht for 6 sessions

Thursdays, 3:00-3:45pm

August 6, 13, 20, 27 &
September 3, 10

In this course, we will use guided meditations to focus on settling into our body and our breath. We will learn to physiologically relax into the present moment, as preparation to become familiar with our habits of breath. Expert instruction will help us shift our breathing patterns towards a more wholesome state, which is specifically intended to strengthen the immune system and respiratory health. Short lectures will also reveal the connection between breath and immunity, from an Eastern traditional medicine perspective. All practice will be done seated in a chair.

Courses located at Payap University, Kaew Navarat Campus

*Cost for both courses together: 2,400 baht

Register online at www.lllpayap.com

For more information, contact: lllpayap@gmail.com