



## Qigong Opportunities

### Overview

- I am offering regular weekly online Qigong sessions.
- I also run monthly online seasonal Qigong Day Retreats exploring the time of year from the perspective of the 5 elements and the Oriental Medicine organ clock.
- In August 2023 I will be running a Qigong retreat at the Findhorn Foundation in Northeast Scotland.

### Purpose

All these offerings give a chance to renew and refresh, to ground and centre and to explore or remember the huge natural Qi resources that are available to us and so simple to tap into.

### Practices and Theory

Teachings cover

- Beginner and Advanced level instruction
- Back-up coaching videos
- Some theory of Oriental medicine based around my book Qigong, 5 Elements and the Oriental Day clock

Practices include

- Do-In and Qigong movement.
- Stillness and centring practices.
- Reflective practice.

### 2023 Times and Dates

Classes and Retreats	Times and dates	Subject
Every Monday	09.30 to 10.10 UK time	Seasonal Qigong
Every Tuesday	09.30 to 10.10 UK time	Taiji Qigong Shibashi Two
Every Wednesday	09.30 to 10.10 UK time	The 8 Brocades
<b>Online Day retreats</b>		
Honouring the Solstice	17 <sup>th</sup> June	4 online sessions
Earthly Abundance	26 <sup>th</sup> August	4 online sessions
New Moon/New beginnings	16 <sup>th</sup> September	4 online sessions
Full Moon/ Light in the dark	28 <sup>th</sup> October	4 online sessions
<b>5 Day Live Scottish Retreat</b>	14 <sup>th</sup> to 19 <sup>th</sup> August	Qigong; A Space for Life

## Facilitator

Sally Ibbotson



I am Sally and I live in the Cotswold area of the U.K..I have been practicing Oriental medicine for 25 years. I have brought Qigong and Shiatsu to the NHS, Breast Cancer Havens and to the Hospice movement. I also teach and treat at the Findhorn Foundation in Northeast Scotland and at the Skyros Centre in Greece. I am passionate about self-care – knowing in my heart that everything has our back if we open and receive. I have recently written a workbook.

[Qigong, 5 Elements and the Oriental Day Clock; the Art of having Better Days.](#)

Here's a sample of the book:

[PDF Work Manual](#)

## Prices and Resources

Weekly classes: A donation of between £5 and £10

Day retreats: £40.00

For booking and pricing of the 5-day Findhorn Foundation Retreat, please go to:

[/https://www.findhorn.org/workshop/qigong-a-space-for-life/](https://www.findhorn.org/workshop/qigong-a-space-for-life/)

## Contact

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For my You Tube Channel please go to

<https://www.youtube.com/channel/UC9JhJHDW3FT7BibLydH1aNA>