

Wellbeing Qi Gong For Health Ba Duan Jin

If you enjoyed our Tai Chi courses, you'll likely find our new Wellbeing: Qi Gong: Ba Duan Jin course beneficial and enjoyable. This ancient practice features a sequence of eight movements aimed at enhancing both physical and mental health, targeting specific internal organs for improved mood, sleep, concentration, and coordination. Tailored for all abilities, including those with limited mobility, the course emphasizes meditation, proper breathing, and warm-up routines. Additionally, students will maintain a reflective journal to track their progress and share insights with peers, fostering a community of growth and learning over the course.

If you are pregnant, have heart problems or any serious medical condition please consult a doctor before booking your course.

If you are looking for a course to improve your wellbeing through physical activity, why not book onto one of our courses from the wellbeing active offer?

Start Date: 21 April 2026
Start Time: 11:00
Lessons: 10
Weeks: 10
Hours: 15.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

What Will I Learn On This Course?

1. Demonstrate improved flexibility, posture, strength, and balance safely with a wide variety of Qi Gong movements
2. Develop and deepen techniques for meditation over time
3. Use your reflection journal at least five times over the duration of the course

Note that each learner will be set specific targets based on the above and their individual starting point. Whether you would like to learn new creative skills or to investigate the possibility of a new wellbeing -based career, MAE Community Learning courses can provide you with a stepping stone to progress

Is This Course Suitable For Me?

If you have health concerns, then please see your GP before enrolling.

Further progress / long-term self-learning: students are encouraged to keep up the practice following the course and are welcome to repeat the course to allow for a deeper understanding and longer-term health and wellbeing benefits of Qi Gong, and until they feel they are able to carry entirely on their own, which will be different for each students, depending on experience and ability.

Is There Anything Else I Need To Know About This Course?

Please be aware that whilst this course is practical in nature some parts of the sessions will include theory and paperwork such as forms , risk assessments, public liability etc

Will There Be Additional Costs?

Learners will need the following tools and equipment please do not purchase until you are sure the course will run: You should bring your own mats for hygiene purposes as well as warmer clothing or blanket for the relaxation, and you might like a cushion for comfort.

What Could I Go On To Do After This Course?

Your tutor can talk to you about other subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

What Is The Attendance Policy?

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed.

Health & Safety

By participating in the live class you accept that you understand that Qi Gong involves movement and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a wellbeing activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with in Qi Gong. MAE is not responsible for damage to items in your house / home or person.

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