


Qigong Workshops

Nosara



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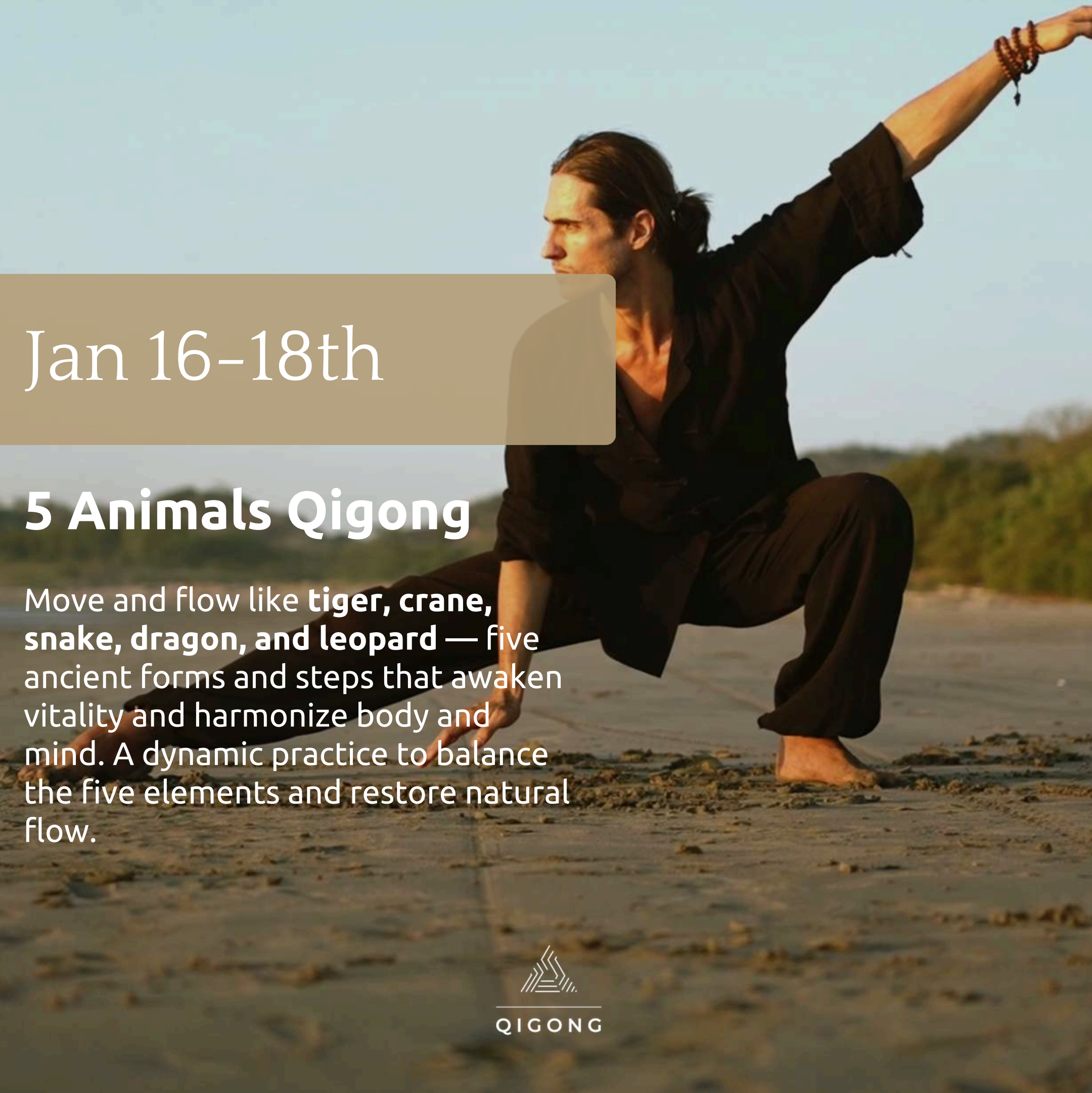
Dec 26-28th

The Art of Stillness

Awaken abundant energy and inner peace through mindful breathing, ancient energy-opening exercises, and sitting meditation. Discover the power of stillness and the roots of Daoist internal alchemy.



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Jan 16-18th

5 Animals Qigong

Move and flow like **tiger, crane, snake, dragon, and leopard** — five ancient forms and steps that awaken vitality and harmonize body and mind. A dynamic practice to balance the five elements and restore natural flow.



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A person in white Taichi attire is captured in a graceful pose, standing in a field at sunset. The person's right arm is raised and curved, while their left arm is extended forward. The background is a soft, golden glow from the setting sun, with blurred foliage in the foreground.

Mar 13-15th

Taichi for Daily Health

Experience the graceful art of Taichi — soft, fluid movements that calm the mind and strengthen the body. A meditative flow to open pathways of vitality, longevity, and harmony..



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Schedule

Fri: 9-11am / 3-5pm

Sat: 9-11am / 3-5pm

Sun: 9-11:30am



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Move, breathe, and flow with us.
Awaken your energy and discover
the art of **Qigong, Taichi & Zen.**

with
Bharu
bharuzen.com

More energy, more life.





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Investment:
290 USD each Workshop

%Discount

Two Workshops 15%off

Three Workshops Cycle 25%off

Payments options:


Paypal, Credit card, Cash

Location:

Nosara, Playa Pelada, Aknanda Temple

Reservations:

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