

# West Country Lam Association



## Zhan Zhuang Chi Kung Foundation Course

Also known as **Standing Like A Tree**, 14 weeks discovering the root of this Chinese Art. In stillness we tap into the natural energy of the Universe. Later we will also begin to explore the second stage, simple gentle movements known as Shi Li. Zhan Zhuang was introduced to the West by **Master Lam's 'The Way Of Energy'** and is taught by his direct student **Tony Dove**.

**Course starts:**

**7.30 Tuesday 10<sup>th</sup> Sept**

14 weeks £100

**Bristol Steiner School,**

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[standinglikeatree.co.uk](http://standinglikeatree.co.uk)