

TJDF 2024 WORKSHOP ARTIST

Peter Payne - July 13, 9:30-11am at Lebanon Ballet School

Relational Qigong

We will apply the deep principles of the Chinese internal martial arts to the challenge of relating well and safely with each other. There will be paired experiential practices.

Participation optional! (Ages 15+)

Peter is 79 and has studied somatic practices his whole life. Taijiquan, Qigong, Aikido, Alexander Technique, Somatic Experiencing, Inner Relationship Focusing..still learning!

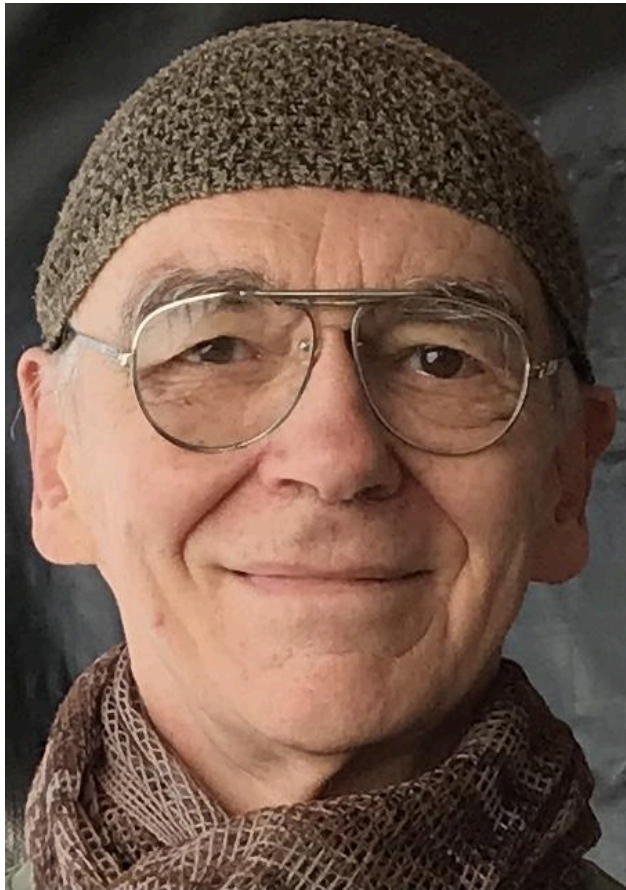


Photo by Peter Payne