

氣功

[breathing exercise, Qigong]

"I used Qi gong it prior to my opening scene in the STC production of "Breaking the Code" at the Streatham Festival, which was my first acting performance for more than 30 years. It really helped focus my energy and performance!"
Mike Jennett, trainer and teacher

TUESDAY 12th JULY 7pm FOR 7.30pm PREPARING FOR STAGE & AUDITIONS: QIGONG WORKSHOP

led by Mike Jennett

About Mike

Mike first encountered Qigong in the 1980's as part of his Kung Fu training. He started Tai Chi in 1990 where Chi Kung (Qigong) was an adjunct to the main training. Over time it has become known in its own right. Mike has been on many courses run by well-respected practitioners including Mantak Chia, Kris Deva North, John Hine, Dan Docherty, Peter Warr, Raymond Goh and Marnix Wells.

About the workshop

Qigong is initially about breathing correctly and using simple movements to relax and calm the mind and body. 'Qi' (pronounced chee) is usually translated to mean the life force or vital-energy that flows through all things in the universe. 'Gong' (pronounced gung), means accomplishment, or skill that is cultivated through steady practice. For actors it can help to get rid of tension and generate internal energy whilst still retaining that alacrity that is essential just before a performance. The workshop will give participants a chance to practice correct breathing technique and some Qigong forms.
(Comfortable clothing & shoes recommended).

streatham
theatre company

SECOND TUESDAY
EVENT

practice this relaxation
technique to help with
pre-stage and audition
nerves

another technique to
add to your acting
toolkit

no experience necessary

fun, relaxed and
rewarding

STC MEMBERS FREE
NON MEMBERS £3

Location:
Studio 2, Vinters,
1b Sunnyhill Road,
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