

# Tao Kung Classes,gentle but powerful movements to improve your health, energy, vitality



Location

Yorkshire and the Humber, South Yorkshire

<https://www.freeadsz.co.uk/x-349132-z>


Are you 35 + Do you want to improve your health, by learning a system of gentle but powerful movements that will bring you energy, balance, harmony, vitality, strength & flexibility ? Classes are held on TUESDAY evenings 7-9 pm @ RSPCA Sheffield, Sheffield Animal Centre, 2 Stadium Way, Attercliffe, Sheffield,S9 3HN. Come along for a FREE class with no obligation or pressure to join, you are very welcome to find out if Tao Kung is right for you. For more information Tel Jacqui on 07969625490 079696254... (click to reveal full phone number) or see [www.pgbwhitecraneuk.com](http://www.pgbwhitecraneuk.com)

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INFORMATION ABOUT TAO KUNG Tao Kung is a system of movements originating from the martial art of PGB White Crane Silat for people who have experienced health problems & older adults who wish to improve and/or maintain their health. It includes gentle exercises/warm up's, gentle forms inspired by nature & breathing movements that will improve your health, reduce anxiety & stress. Persatuan Gerak Badan (PGB ) is a school of Silat , (martial art,) founded by Suhu Subur Rahardja in 1952. in Bogor , West Java , Indonesia . The White Crane ( Bangau Putih ) is its emblem. His son the current Grand Master Gunawan Rahardja inherited the school 1986. The school is admired for its dynamic, powerful and graceful style, with students all over the world. In 2000, Guru Gunawan Rahardja developed a series of simple movements to improve health in older adults or for the practice of adults who experience or are recovering from ill health. He named this system of movements Tao Kung, translated Tao Kung means 'motion for harmony' .The gentle movements give powerful results. practicing Tao Kung enables the body to heal, harmonize and balance in mind, body & spirit. Tao Kung is enjoyable, no strain or force is used,

movements are practiced in line with each person's individual ability and scope. The movements are done slowly and gently with attention to the posture of the body so that the joints develop strength and flexibility. This enables the body to improve its strength, flexibility and energy. The practice also encourages deep relaxation, harmony and well-being. The focus of the movements includes strengthening of the bones, the immune system, balancing of the bodies systems including the respiratory, nervous, hormonal, lymphatic system's.

Harmony of the internal organs. Increase vitality, stamina and energy. The promotion of Chi or life force. Wellbeing and reduced anxiety and



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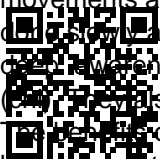
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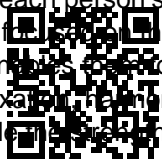
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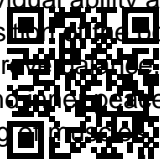
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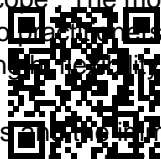
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