

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



## Location

## **Yorkshire and the Humber, South Yorkshire**

<https://www.freeads7.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) [www.pgbbangauputih.org](http://www.pgbbangauputih.org) <https://www.facebook.com/PgbBangauPutihIndonesia> [https://instagram.com/pgb\\_bangauputih](https://instagram.com/pgb_bangauputih) [https://twitter.com/PGB\\_BangauPutih](https://twitter.com/PGB_BangauPutih) [MORE](#)

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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 dynamic and gentle, drawing attention to the position of the body so that the body develops a deeper awareness of its scope. This enables them to improve balance, strength, flexibility and endurance. They also experience deep relaxation, harmony and peace of mind.

The benefits of the practice include the strengthening of muscles, bones and the immune system, the balancing of the bodies systems including the respiratory, nervous, hormonal, lymphatic system's

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