

Shibashi Qigong

Instructor Workshop Feedback

What has this workshop done for you?

'The course has taught me a completely new discipline. I increased my confidence and I met some wonderful people offering support throughout the weekend. This has made me want to pursue Tai Chi in more depth including the modification of moves to help people who find exercise challenging. Content was very thorough, I remained tuned in and pinned down to what the tutor was saying - Attention grabbing at all times.'

'The course has been everything to me'

'Made me more aware of people's feelings, I think Lesley is a patient and marvellous Master Trainer'

'The course has given me more confidence and strength. It has been so lovely to meet so many friendly, genuine people. Lesley is inspirational as always'

'A very enjoyable course, well planned to meet the needs of the students attending. Provided me with knowledge of Shibashi which I can improve on also improved my understanding of Tai Chi Breathing and channelling chi. Made me more aware of some of the issues some people face when trying to exercise'

'Course content was great, tutor was as usual, sympathetic and understanding. Made me more aware of Shibashi for future class work'

'The Care. All the contents of the course are fulfilling. The respect. The love. I now feel I have more confidence'

'Shibashi is definitely where I need to be. Enjoyed the whole weekend. Given me the confidence to find some way of starting Shibashi for Respiratory patients, (not sure how yet!)

'Given me the confidence in myself. Re-enthused about Tai Chi. Tutor was great!'

'Given me a greater understanding of Shibashi also given me the confidence as an instructor. Lesley thank you so much for an excellent course which was lead from the heart. You have been an excellent teacher and a wonderful support.'

'Given me a greater insight into Tai Chi and confidence. A great weekend workshop. I look forward to the next one. Lesley is a great tutor.'

'Opened another door along the corridor of knowledge for qigong and tai chi generally. Everything was positive, professional yet relaxed and fun.'

'Helped me to improve my knowledge. Meeting new people and learning the moves. Seeing lesley in her flow and hearing her melodic voice'

'Developed my own knowledge and depth of understanding of Shibashi Qigong. Given me many things to think about in terms of running a group. Given me encouragement about my teaching skills. The course has been relaxed with no pressure placed on any individuals at any time. It has been extremely useful and enjoyable thank you so much Lesley'

'Given me a greater insight of safety. Meeting new people and networking Lesley you are inspirational, will be back for an update.'

'Inspiring teaching style, thank you'

'Given me the confidence to go back to the group and share what I have learnt. I much appreciate all the encouragement I have had this weekend and over the past few years too.'

'Given me a greater depth of knowledge of Shibashi, increased confidence in standing in front of others and it was great to meet and talk to all the other people in the workshop with all their varying experiences. Loved every minute of it and would have gone on longer, thanks Lesley'

'Given me a further insight into Chi Kung with a much better understanding. The course for me has been a great success and given me much pleasure.'

'Increased my knowledge, confidence and also given me ideas about modifications and increments.'

'Given me a more balanced whole view of the moves and attitude to pass on to others. A well structured course and tutor. Lesley's calmness and patience come across, excellent -something to pass on! Another step up the ladder for me.'

'Given me the confidence I can teach. Everything especially your passion and enthusiasm. I think everything including the tutor was perfect.'