



## **David Bannister**

David has been involved in Far Eastern philosophies and practices since his early adult years. He previously studied and practised Mushindo Kempo Karate, Chinese Yoga and Chinese Hand Analysis. On moving to Mid Wales he began his studies and practice in Tai Chi and Qigong with Alan Jefferies at the White Crane Academy. Encouraged to begin his own classes, David is now instructing in Yang and Chen styles of Tai Chi and various forms of Qigong. He has classes in Montgomery, Llanfyllin and Oswestry.

### **Classes 2018**

Montgomery Town Hall. Tuesdays 6.30 - 7.30pm - Tai Chi & Qigong

The Memorial Hall, Oswestry. Wednesdays 6.30 - 7.30pm - Qigong only

Llanfyllin Youth and Community Centre, Llanfyllin 6.30 - 7.30pm - Tai Chi and Qigong

**Practicing Tai Chi Forms:** Yang 6, Yang 36, Chen 15, LaoJia (Old Frame), Chen Straight Sword Form, Chen Sabre Form.

**Practicing Qigong Forms:** Shibashi, BaduanJin, 8 Animals, Zhan Zhuang (Standing Pole Meditation), breathing techniques.