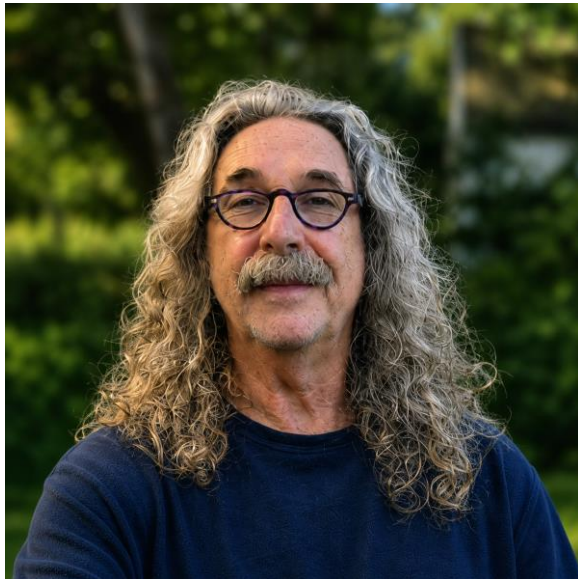


# ❓ Shibashi Qigong with Richard

Learn it quickly. Use it for life.



## ❓ What is Shibashi?

This form of qigong is a simple sequence of 18 flowing movements, developed in 1979 by Professor Lin Housheng at the Shanghai University of Traditional Chinese Medicine.

It combines:

- Tai Chi flow
- natural breathing
- simple movements

Unlike more complex systems, Shibashi can be learned quickly and practiced anywhere. Classes every Wednesday lunchtime.

**Seedhove Studio**  
**81 Church Road, Hove**

## ❓ Why it works

Rather than focusing on muscles alone, Shibashi works with the body's fascia — the continuous web of connective tissue that links everything together.

Results include:

- easier movement
- improved posture
- reduced tension

Focus on intelligent movement, not effort.

## ❓ What you may notice

- improved balance
- less tension
- better coordination
- calmer mind
- more energy

## ❓ About Richard

Introduced to yoga over 40 years ago, I soon added Tai Chi to my practice, studying with John Ding in London and HK Chan in Hong Kong.

I've been teaching for over 30 years — from Ronnie Scott's Jazz Club to HSBC HQ, and internationally at venues such as Huzur Vadisi in Turkey and Skyros in Greece.

Alongside this, I'm a musician and instrument designer, with a very long-standing interest in how movement, structure and rhythm connect.