

Authentic Chinese Qigong 氣功

Comes to Auburn, New York!
With Instructor Brian Lee Bidwell



About Brian...

Brian has spent sixteen years in mainland China and Taiwan studying and training traditional Chinese martial arts with an emphasis on “internal arts” of Baguazhang 八卦掌, Xingyiquan 形意拳 and both Chen and Yang style Taijiquan (T'ai Chi Chuan) 太極拳

His extensive training in various Qigong practices include noteworthy teachers such as:

Professor Yan Zijie 燕子傑

Master Luo Dexie 羅德修

Professor Guan Tiejun 關鐵雲

Professor Yu Hai 於海

Master Zhao Zhongchen 趙忠臣

Master Sun Zhengjie 孫正傑

Plum Flower Boxing (Plum Flower Post)

Baguazhang

Chen Style Taiji (old frame)

Chen Style Taiji (new frame)

Xingyiquan, Baguazhang, Tongbeiquan

Yang Style Taijiquan (Yang Jianhou)

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Brian is also a Certified Fitness Trainer, Certified in CPR/AED and First Aid. He speaks Mandarin Chinese fluently and has worked in China as an English teacher, translator and editor.

Now, you can experience authentic Qigong here at The Center with Brian! Current class offerings will be Monday mornings at 9:30 am. Beginning Feb. 13th. Should you have an interest but cannot make this time schedule please contact us and we will look at the possibility of forming other classes.

