

## **Heiko Lade - Abstract**

In 2022 Heiko brought out Sifu Dennis Wang from Singapore to run a weekend workshop on Han Yang Ru Yi Gong. This is a system of external qi gong healing that he first saw in Hangzhou in 1984. Heiko will give a brief background to qi gong, how he studied it and now uses it in the clinic. There will be a number of short movies to watch during his talk to see the art being performed.