



First Ying Qi Gong masterclass in Malta

GRAND Master Daniele Zanni, supported by his disciple Leonardo Barilaro, led for the first time a Ying Qi Gong masterclass in Malta. He was invited for this unique event by Deep Med Yoga and Freediving Center, directed by Lyndsay Bilodeau and Fabrice Bonello du Puis.

The masterclass focused mainly on the 'Vital Energy Training', a form of breath and energy work that improves the mental

strength, body performances and overall health. Master Daniele shared his knowledge about this intensive training that in its advanced levels allows, for example, Shaolin monks to do incredible things, like breaking bricks with their bare hands or metal sticks with the head. The event ended with an open water session, where the free divers tested the first effects of the previous seven hours of training.