**Dr Maria Teresa (Mabli) Agozzino**

With a background in Lee family style Tai Chi and with diplomas in Acupressure and Qigong for health, Senior Instructor Mabli has taught Tai Chi Qigong Shibashi online and across South Wales for many years. A student of Classic Chinese Medicine with the Academy of Oriental Medicine, she teaches a variety of Qigong sequences including K’ai men, Fragrant Qigong, Ba Duan Jin, Yi Jin Jing and Shibashi.