**Vic Spears**

With 5 years’ experience in Shibashi, Vic originally trained and qualified to teach Shibashi Sets 1 and 2 as a volunteer for Age Cymru for the 50+ age group.

Within the last few years, he has also qualified in Shibashi Set 3 as well as learning Fragrant Qigong, which students particularly enjoy.

Vic currently holds classes in his local area, which he transferred online during Lockdown. Since restarting physical classes, Vic has added several additional elements to enhance the experience for his students.