

Workshop with Grandmaster Khor

MEDICAL QIGONG TAI CHI & SHIBASHI

MEDICAL QIGONG More than 5000 years ago, ancient Chinese masters of healing and martial arts came to the understanding that everything is composed of the same energetic substance, which they called "Qi". They observed that there is a oneness and wholeness in all existence and that everything is energetically interconnected as one body. Qigong and Traditional Chinese Medicine is primarily based on the understanding of the transformation of qi.



TAI CHI & SHIBASHI QIGONG *HEALING WITH QI*

- How to release stress - Relaxation Response.
- Strengthen lung - Breathing & Asthma.
- Improve circulatory system Strengthen Heart
- Increase suppleness - alleviate Joint Problems
- Harmonise physical and Emotional Balance
- Maintain healthy spine - Back Problems.
- Balance endocrine system - Well-being
- Maintain healthy Digestion & Excretion
- Develop healthy bones - Osteoporosis.

Cost : \$ 45.00 (prepaid) or \$55 at door
(Include tea / refreshment)

Saturday 21st November
(1.30 am to 4.30 pm)

Polish Hall, Chatham St.,
BROADMEADOW
Bookings : (02) 4942 2951

Sunday 22nd November
(9.30 am to 12.30 pm)

Long Jetty Senior Citizen Centre,
Toowoon Bay Road, LONG JETTY
Bookings : (02) 4388 2665

Website : www.livingchi.com.au Email : aatc@optusnet.com.au

NEWCASTLE & central coast
www.tai-chi-newcastle-nsw.com