

# SHIBASHI / TAI CHI & Chi Massage Workshop with Grandmaster Khor

Grandmaster Gary Khor has a talent for making complex topics easy to understand. Whether you are a beginner or advanced student he has a way to make Tai Chi & Qigong work for you effectively, and help you access the deeper benefits and skills of the art.

**SHIBASHI / TAI CHI :** Selected movements from Shibashi & Tai Chi for refinement to help you get deeper understanding and benefits from the art. With reference to philosophical and martial art application

**CHI MASSAGE :** Practical massage techniques to rid the body of stress & tension, and rejuvenate health and vitality.

- \* Body & mind co-ordination and balance
- \* Increase Longevity & Health \* Activates Chi flow
- \* Strengthens internal organs



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

Saturday 14th March  
( 1.30 pm to 4.30 pm )

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

Sunday 15th March  
( 9.30 am to 12.30 pm )

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

Website : [www.livingchi.com.au](http://www.livingchi.com.au)

Email : [aatc@optusnet.com.au](mailto:aatc@optusnet.com.au)

**Feng Shui** Opportunity to book Grandmaster Khor for a Feng Shui consultation on your home or business while he is in town 0417 650 962