

SPRINGTIME CLEANSE & NOURISH with Master Rod

'Yang Sheng' (the art of nourishing life) is one of the most important concepts in traditional Chinese medicine; it is the root and the foundation of health. These workshops are a followup from Taoist Master Zhou's Seminars.

The focus of Yang Sheng is on maintaining balance through an awareness of our connection to nature and to our own bodies. Some believe the practices of Yang Sheng go back at least 3700 years, to the time of the Yellow Emperor. The original practices include; Neidan (internal exercise and awareness), Qigong (energy work), Taoyin, Tai Chi, Meditation, and subjects such as; medicine, diet, art, music and the environment.

Learn to develop the tranquillity of Daoist Meditation. We will be using ancient Daoist Qi breathing, stretching and massage techniques for youthful rejuvenation and longevity. The workshop includes methods on how to apply Yang Sheng principles and philosophy, to cultivate a healthy vitality, techniques that will help you to manage everyday issues.

Bundaberg Workshop - Saturday 26th October

10am – 4pm - **\$59 prepaid or \$64 at the door**

Moore Park Beach Hall

Park Session - Sunday 27th October

9.30am – 10.30am **\$7**

Claude Dooley Park, Moore Park Beach

Brisbane - Sunday 3rd November

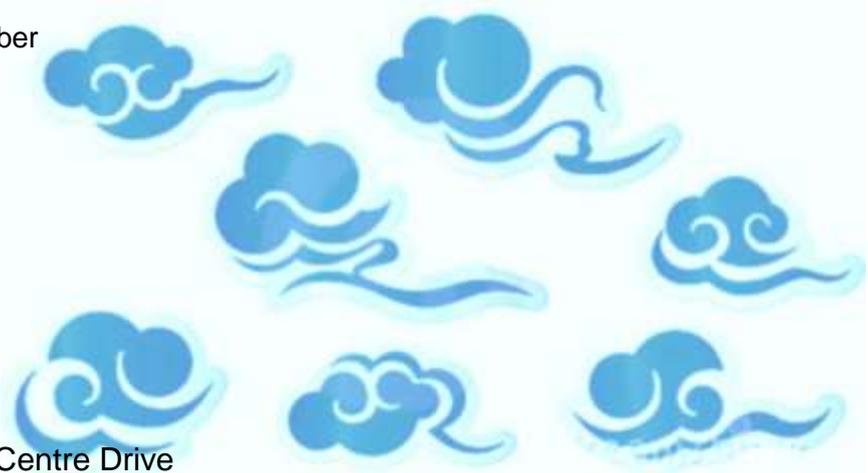
10am - 2pm - **\$49 prepaid or \$54 at the door**

Holy Spirit Hall, Villiers St. New Farm

Gold Coast - Sunday 10th November

1pm – 4pm - **\$39 prepaid or \$44 at the door**

Robina Community Centre, 196 Robina Town Centre Drive



TAOIST EIGHT GOLDEN TREASURES

The first movement mobilises energy from top to bottom and back throughout the body, and establishes harmony in the Three Burners. The second movement strengthens the kidney energy. Third movement stabilises the digestive organs. The fourth movement stabilises the distribution of blood and energy from the heart and lungs throughout the body. Fifth movement makes the spinal column more flexible. The mind also focuses on expelling all the congested and stale energies that are a source of a variety of physical and mental disturbances. The sixth exercise brings an abundance of vital energy into the nervous system. The seventh exercise brings the energy from the interior of the body to the exterior. This exercise strengthens the muscular structure. The eighth exercise harmoniously redistributes all the energy stimulated by these movements throughout the body.

BA GUA

The primary internal exercise in Ba Gua Zhang (Eight Diagram Palm) is to walk in a circle holding fixed postures. The key element of this style is the practice of walking in a circle while holding various postures that energize and strengthen the body while calming the mind and refining and purifying the spirit. It is believed that the Dragon Gate school of Daoism practiced this form of circle walking meditation whose purpose was to open and harmonize the meridians of the body in order to promote health and to focus and quiet the mind. These Daoist practitioners used this exercise, not for martial purposes, but to refine qi and spirit through external movement in order to realise internal stillness or emptiness (ie: the Dao).

BOOKING FORM

Name _____

Address _____

Address _____ Postcode _____

Phone (H) _____ Mobile _____

Email _____

Who is your instructor _____ Level _____

Location _____ Notes _____

C/Card

1) EFT Westpac New Farm **AUSCHI 034-065 130098**

Put "*your name*" & "*class/item/etc*" as a reference.

Send confirmation email to ozchi@ozemail.com.au.

2) Phone (07) 3358 1955 for credit card payment.

3) Post cheque or credit card details to

AATC-Qld, PO Box 2475 Fortitude Valley 4006

4) Pay direct to your instructor.

* at door prices only available if there are still places available.

Amount \$ _____

exp ____ / ____ sign _____

THANK YOU