

JANUARY SUMMER SESSIONS

With Master Rod Ferguson
Tuesdays 10th & 17th January 2017
Holy Spirit Hall Villiers St New Farm
6.30 – 8.30 pm \$25 each or both \$40

Living Chi - Mindfully nurturing your life energy through **Daoist Meditation, Massage, 8 Taoyin and 5 Animals Qigong.**

The focus of **Yang Sheng** (the art of nourishing life) 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 mindful **Daoist** Meditation. We will be using ancient **Daoist Qi** breathing, stretching and massage techniques renowned for youthful rejuvenation and longevity.

'**Taoyin**' the Yellow Emperors Heart Calming Exercise: An ancient Chinese yogic meditative stretching exercise set, where each technique also stimulates the meridians and body organs. It is the essential traditional energy meditation.

'**WuXin**' the Five Elements as expressed through the Five Animals exercises that massage and stimulate the Qi (energy) of the internal organs through the meridians and energy points.

Mindful Self Observation • Needs constant practice • Never becomes habitual • Is essential to alter attention and energy • Is fundamental to developing self-awareness • Is fundamental to developing conscious conduct

The best part about these exercise sessions is that you will come away rejuvenated and with a feeling of tranquil contentment.

See the full Brisbane class schedule for park sessions that will also run during January.

Australian Academy of Tai Chi & Qigong, Qld - WWW.LIVINGCHI.COM.AU

BOOKING FORM

Name _____

Address _____

Address _____ Postcode _____

Phone (H) _____ Mobile _____

Email _____

Who is your instructor _____ Level _____

Location _____ Notes _____

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.

Tues 10th Tues 17th Amount \$ _____

C/Card Number exp ____/____ sign _____

THANK YOU