

JANUARY SUMMER SESSIONS

With Master Rod Ferguson
Tuesdays 14th & 21st January 2014
Holy Spirit Hall Villiers St New Farm
6.30 – 8.30 pm \$20 each or both \$36

Living Chi - Nurturing your life energy through Daoist Meditation, Massage, Golden Treasures and Five Animals Qigong.

'**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.

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.

'**BaDuaJin**' the Eight Golden Treasures: An ancient Daoist yogic meditative stretching exercise set, where each technique stimulates particular meridians and body organs. It is the essential Daoist energy meditation.

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

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 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 14th Tues 21st Amount \$ _____

C/Card Number exp ____ / ____ sign _____

THANK YOU