



Come and learn

Dao Yin -

a set of 12 Qigong exercises adapted from over 50 ancient forms designed by the Chinese Health Qigong Association. The movements are easy to learn and can be practised either standing or sitting.

This seminar will focus on learning the sitting set of Shi Er Fa which will equip teachers with effective exercises for all ages and abilities.

It is believed that these exercises improve coordination, blood flow, flexibility and muscular strength. Specific benefits include: building up the body's immune system and can provide a quick recovery from any ailments.

Qigong can be practiced anywhere and is suitable for all ages and fitness levels.



QIGONG SEMINAR @Epping

“ Qi gong is an umbrella term that subsumes a variety of energy-based healing practices based on Taoist philosophy and principles of Chinese medical theory. ”

Natural Medicine Journal

All our instructors hold internationally recognised qualifications, work continuously on their further professional development and are happy to share broad theoretical and practical knowledge with you.

**Saturday
14 March 2020
12.30 pm - 3.30 pm**

**Epping Creative Centre
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Epping NSW 2121**

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