

Improve Your Health with Qi Gong

保健气功

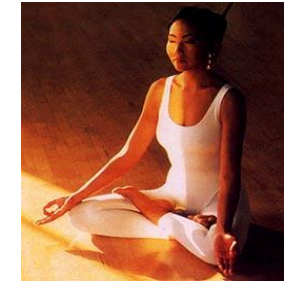


Every Sunday , 9:30am to 12pm

Beginner Course : 7 lessons

Start Date : 06 Sep 2015, Sun

Place : SAFRA Toa Payoh



Course Fee : \$200

Dates of Qi Gong

06 Sep
13 Sep
20 Sep
27 Sep
4 Oct
18 Oct
25 Oct



Qigong is an amazing energy producing Chinese movement technique that many doctors now recommend for relaxation, reducing stress and even helping the body to heal when sick. Regular Qigong practice can reduce pain, stress and the effects of sickness from the body. In Chinese Medicine, there is only one cause of illness and that is congestion. One great value of Qigong is that it helps the body remove blocks and increase the flow of energy throughout the system. When it flows freely and evenly, Qi energy helps the body heal and restore itself naturally, efficiently, and consistently. This is a course for beginner who wanted to learn Qi Gong Meditation and enhance your health & energy.

To Register SMS Mr Yap @96153046. “ Basic Qi Gong _Your Name “