

Basic Qi Gong @ SAFRA

Mount Faber

保健气功



Every Sunday , 9:30am to 12pm

Beginner Course : 8 lessons
 Start Date : 8th Aug 2010, Sunday
 Place : SAFRA Mount Faber



Fee : \$120

Dates of Qi Gong

- 08 Aug 10
- 15 Aug 10
- 22 Aug 10
- 29 Aug 10
- 05 Sep 10
- 12 Sep 10
- 19 Sep 10
- 26 Sep 10



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.

**** Classes will be conducted in Mandarin by Dr Au / Mr Yap / Master Chew**

To register, please contact Mr Yap @ 96153046 or email yapmc@i-fsbazi.com

Improve Your Health with

Qi Gong 保健气功



Course Outline:

1. Understanding what is Qi 气 ?
2. Using Long breathing & Shallow breathing technique to harness your Qi within you.
3. Understanding the various Meridians 经脉 points in your body. Twelve regular Meridians & Eight Extra Meridians 奇经八脉
4. Technique in harnessing & controlling the Qi to flow through your Eight Extra Meridians 奇经八脉 points to enhance the function of your 5 internal organs. (Heart, Lung, Kidney, Liver, Digestive system)
5. Qi Gong technique to improve your blood pressure, strengthening your heart and reduce Qi blockage which is the cause of many major illnesses.
6. The technique of Meditation. Letting the Qi perform self healing for your injury and balancing your Qi within you for better health.

