

風水八字學院

Institute of Fengshui Bazi Pte Ltd

www.i-fsbazi.com

Elementary Qi Gong

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.