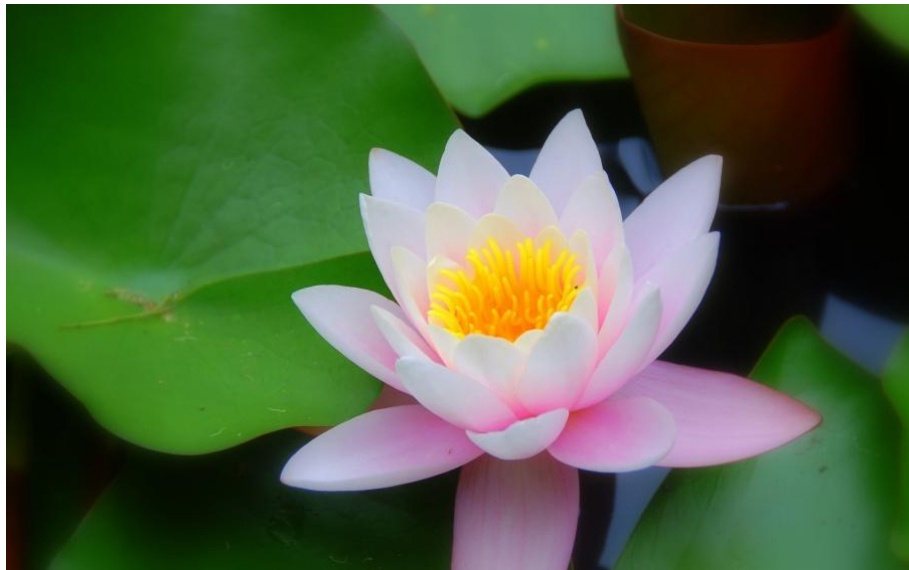


Ziran Qi Gong for Beginners

Starts 27 February 2012



*Belief
Passion
Commitment*

*Truth
Compassion
Love*

*The spirit of Wuji
Dalai*

Ziran Qi Gong Stage One: the art of opening the microcosmic orbit

Learn to recognize blockages in the body to assist relaxation and the release of bodily tension and stress. This enables the meridians to open and free your body from physical and emotional bonds, creating space and emptiness. Creating emptiness allows one to drop life's baggage, to clean out useless belongings and to detach from attachments. Only when the room is empty is there space to expand, so life's journey can be light and bright and intuition can be awakened.

Focus is mainly on the Ren and Du Mai (Conception and Governing vessels), the body's main energy rivers, and to gaining an understanding of their function.

2012 Term 1

Hawthorn – Auburn Road	Mondays	9.45 – 10.45 am	Starts 27 February 2012
Abbotsford - Abbotsford Convent	Tuesdays	9.45 – 10.45 am	Starts 28 February 2012
South Melbourne - Gladstone St	Tuesdays	12.00 – 1.00 pm	Starts 28 February 2012
South Yarra - Opposite Jam Factory	Tuesdays	6.15 – 7.15 pm	Starts 28 February 2012

Booking Essential

Term duration: 8 Weeks/Classes (excludes some holidays)

Cost: \$120 per term

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