



# Qi Gong Workshop

- White Crane Qi Gong -  
- Marrow Washing Qi Gong Revision -

TAI CHI WU SHU INSTITUTE

"The one who knows doesn't talk,  
the one who talks doesn't know".

**Q**igong has been studied and developed in China for more than four thousand years. It plays an active role in preventing and treating disease, protecting and strengthening health, resisting premature senility and prolonging life. That is why **Qigong** was called the method "to eliminate diseases and prolong life" in ancient times.

The most unique elements of Chinese martial arts are in the Qigong training. Without Qigong training, the art will be no different to western fighting style. Regular Qigong training can build up internal energy.

White Crane Qigong will help you to:

1. **Open up the lungs for maximum oxygen absorption into one's body**
2. **Increase breathing capacity**
3. **Enable Qi to be led throughout the whole body to boost its functioning to a higher level.**

A revision of the Marrow Washing Tendon Changing Qi Gong will be held. For those who have participated in previous Marrow Washing Qi Gong workshops, this will be a great chance to brush up your skills and ask any questions!



### Details of Workshop:

Date: Wednesday 25th June 2008

Time: 6:30pm—8:00pm White Crane Qi Gong

8:00pm—9:00pm Marrow Washing Qi Gong Revision

Venue: Glen Eira College

Cnr Neerim & Booran Roads, Caulfield South

Workshop conducted by: Master Shao, Tai Chi Wushu Institute—Ph: 9569 0881 E: home@taichi-kungfu.net

### Booking Form

Please send booking form with payment (cheque / credit card) to:  
783 Warrigal Road, Oakleigh VIC 3166

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Contact Phone Numbers: \_\_\_\_\_

#### Number of persons attending:

White Crane Qi Gong \_\_\_\_\_ Cost per person: TWIA \$45.00 non-TWIA \$55.00

Marrow Washing Revision \_\_\_\_\_ Cost per person: TWIA \$30.00 non-TWIA \$40.00

Both Workshops \_\_\_\_\_ Cost per person: TWIA \$60.00 non-TWIA \$85.00

Total Payment for this booking: \_\_\_\_\_

Please make cheques payable to: Tai Chi Wushu Institute Australia & post to above address

Credit Card Payment Authority (if paying by credit card please complete & post to above address):

Cardholder Name: \_\_\_\_\_ Card Type: Mastercard / VISA (please circle)

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_