

MEDICAL DRAGON and TIGER QIGONG WORKSHOP

Revealing the mysteries of self-healing

Powerful Dragon and Tiger Medical Qigong 1,500 years old from China. Its roots lie in the Taoist and Buddhist tradition. Benefits chronic and serious illnesses, like cancer, autoimmune, and weakened internal organ. The movements are simple to learn and a joy to perform. They are created to accommodate limited movement capacity.

Presented by Yoke Chin Qigong and Taichi teacher and practitioner of Cloud Hands Taichi. Details on www.cloudhandstaichi.com.au Certified in Dragon and Tiger Qigong as an Energy Arts Instructor.

Workshop details:

Saturday and Sunday, December 7 – 8

Time 10am to 4pm

38 Middle St, Kingsford NSW (side entrance gate Willis St)

Costs: \$400

Early birds: \$350. Non-refundable deposit: \$100 by Wednesday, 27th November 2019. Repeats: \$200.

Review over 4 weekends -Cost 120 :

Saturdays, January 18th & 25th, 2020 from 11.00 am to 12pm

Sundays, January 19th & 26th, 2020 from 2.00 - 3.00 pm

Enquiries and booking: Yoke Chin 0415 174 957 or

yokechi@gmail.com Places are limited. Bookings necessary.

Please bring your own lunch. Tea, coffee and biscuits provided during breaks.

No prerequisites, Qigong or Taichi experience not required, suitable for all beginners and others of different healing modalities, doctors, healers, for cancer, recovering from chemo and radiation therapy, or about to embark on one, rehabilitation of illnesses, autoimmune, other ongoing health issues, martial arts practitioners, meditators, desk and computer workers and generally healthy persons. What is required is a motivation to self-heal and to improve one's well-being.

Through the **7 powerful set of movements** of Dragon and Tiger Medical Qigong, we begin to address and strengthen the weakened connections of our body through feeling our body meridians and etheric field (aura). These pathways will come to our awareness with clarity as body maps as we progress. Each map pathway is linked to a particular part of the body and interlinked to each and every other body map pathways, flowing through an ordered series.

The healing is immeasurable, it promotes body fluidity easing long held patterns of body tensions, clears respiratory, drains the lymphatic and helps balance internal organs, nervous system and circulation. Through the conscious and continuous repetition of each movement within the body map we broaden our awareness of body sensitivity and perceptions which in turn begins the healing process. We can identify, balance, and cleanse stagnant energy from within.

This is widely taught in China in hospitals with cancer patients, and for various other serious illnesses. Some cases have been cured and some others in remission, reduced and manageable.