

Zhineng Qigong Doorway to Health



Two one day workshops

Saturday and / or Sunday 7 - 8 July 2012 - Auckland

- Awaken, build and transform your internal life force (Qi)
- Enhance your physical, mental & emotional wellbeing
- Learn the secrets to keeping your mind calm and relaxed



Certified China's pre-eminent energy-healing approach after a 19 year government survey, Zhineng Qigong demonstrated an incredible 95% healing effectiveness on over 450 serious and terminal diseases. Come and experience the amazing power of Qi Gong. Suitable for all levels of experience, incl. beginners.

Day 1: The Four Basic Exercises - Squats, Stretch Qi, Bow Body and Swirl Hips

Day 2: First Method - Lift Qi Up, Pour Qi Down

Venue: Kawaipurapura Retreat Centre, Albany

Saturday: 10am-5pm Sunday 9am-4pm

One day: \$150 Both days: \$275

**Be one of the first 25 to register for both days
and save \$80**

**Be one of the first 25 to register for one day
and save \$53**



With Zhineng Qigong Instructors
Kim Knight and Angel Neshama

Save up to \$80 for earlybird registration!

www.taohealthqigong.com Ph Angel 09 817 6533