

## **QIGONG WORKSHOP with SNR MASTER CHIN MIN – 29 OCTOBER 2017**

### **DA WU HEALTH QIGONG**

This is one of the new health qigong routine compiled and developed by the Health Qigong Association of China. Da Wu is based on simple dance movements of ancient times blending with the method of daoyin to rejuvenate qi (vital energy) flow, enhances joints functions and improves human body functions.

Da Wu seeks to relax the joints and relieve pain through the flexing and rotation of the joints at the hips, knees, toes, shoulders, elbows, wrists, palms and fingers. Da Wu also uses pulling, stretching, rotating, shaking and rubbing to relieve the joints, muscles and blood vessels and the corresponding channels to improve the circulation of qi and blood.

Da Wu exercises are soft, graceful and slow which produces the external "dancing" movements that harmonises with the internal movements of organs. This integration of external "dancing" and internal organ movements produces great positive physiological effects. This is a "dance " exercise suitable for people of varied abilities.

### **SHIBASHI QIGONG – SET 3**

In 1979, Professor Lin Housheng combined Tai chi movements and qigong and created Tai Chi Qigong 18 movements, commonly known "Shibashi Qigong". Since then Shibashi has swept the world due to its simplicity yet therapeutic and healing effect on the human bodies.

Shibashi Qigong is a gentle, beautiful and flowing qigong exercise routine that is both a joy to do and deeply relaxing. There is no pre-requisite to have learned Set 1 & 2 before learning Set 3.

### **JOIN SNR MASTER CHIN MIN AS HE SHARES THESE SKILLS WITH YOU.**

This is a rare opportunity to interact with the Master and reap the benefit of his skills and wisdom.

Venue:       Beverley Hills Primary School Hall  
              Cassowary Street (cnr Blackburn Road), DONCASTER EAST  
Date:        29 October 2017 (Sunday)  
Time:        2.00 p.m. - 6.00 p.m.  
Cost:        Celestial member: \$59               - Repeat attendee \$53  
              Non-Celestial member: \$69       - Repeat attendee \$63  
Booking:    email: [info@celestialtaichi.com.au](mailto:info@celestialtaichi.com.au)  
              Tel:   9840 2855