



PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

THE BIG WILD GOOSE QIGONG

8-week Session with Gloria Jenner

Starts: September 23, 2010

Classes: Thursdays 8:15-9:15pm

Fee: \$50.00 for the eight classes

Place: Epiphany Memorial Hall

19A Holborn Ave at Briscoe St W, London ON

(1 block west of Wharncliffe, 2 blocks north of Emery)



The Big Wild Goose Qigong is a series of exercises handed down through the ages among the exclusive circles of the Taoist Kunlun School. Imitating the postures and movements of the wild goose and assimilating the ancient Daoyin (breathing) methods. These exercises are easy to learn, promote physical fitness, increase energy, reduce stress, and enhance the mind's clarity and function. The form we practice was taught to us by Professor Ai Min of Ch'ian, China, whose teacher was taught by Qigong Master Madam Yang Meijun.

Qigong (Chi Kung) is the art of strengthening health, and aimed at focusing the mind. Our mind or will is a major influence governing the movement of Chi. Also we become aware of the breath, aware of correct posture and physical movement. The Qigong positions are designed to affect the movement of energy (chi) and to help it travel around your body to nourish it internally and externally.

In these classes the Relaxed Standing Pose and Meditative Walking will be practiced.

This series of exercises may be practiced by all ages. and they allow for your own individuality.

Visit our website at: www.phoenixtaichi.ca

or call: 519-439-8875