

DAOYIN 12 METHODS QIGONG

Workshop Instructed by: **Professor Wu Jia Qing**
Chinese Health Qigong Association International Instructor



SATURDAY 19TH NOVEMBER 2016

9:00am to 5:00pm

**Auckland Chinese
Community Centre**
99 Taylor Road
Mangere Bridge
\$90 per person

Registration is essential!



For Registrations:
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Orlando: 021 560200

www.1wushu.co.nz

12-Step Daoyin Health Preservation Exercises

This new set of Qigong exercises combines Daoyin with healthcare, limb exercises, and mental and spiritual relaxation. This exciting 12 Movement Qigong form was developed in 1974 by Professor Zhang Guangde, one of the world's leading Qigong experts. Adapted from over 50 forms it consists of 12 steps, which flow harmoniously from one movement to the next. It has become one of the treasures of health Qigong. It was designed and compiled by the Chinese Health Qigong Association and is based on the principles of Traditional Chinese Medicine. It concentrates on the Zang Fu organs comprising the heart, liver, spleen lung and kidney and gall bladder, stomach small intestine, large intestine and bladder; the meridians, balancing yin and yang, the Five Elements, Qi and blood.

It can be practiced in both seated and standing positions. Movements are graceful and easy to learn and are suitable for all ages.