

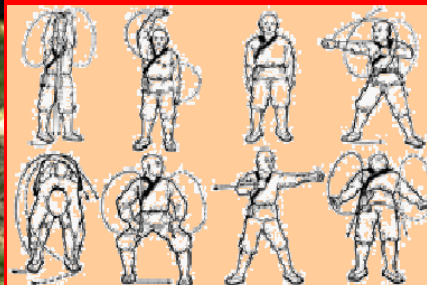
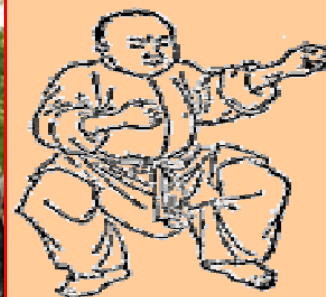
Oriental Fitness Institute

Start Date: as register

8 Weeks Class

Wednesday at 7:30-8:30 PM

Eight Section Brocade Qi Gong



The Class will cover:

- ◆ **Eight Section easy Movements**
- ◆ **Breathing method**
- ◆ **Xin Qi —Qi Gong Meditation**

The Eight Section Brocade Qigong is one of Chinese Traditional fitness exercises. It was Popular During South Song dynasty at least 800 years ago. The earliest record of the Eight Section Brocade Qigong was found in the book called "Yi Strong Mind" which was written by Hong Mai. The "Yi" was South Song dynasty people. This book was dated about year in 1177. There were thousands success stories about that people practiced this Qi Gong to achieve life longevity and great quality of life since then. There are 10 versions different Eight Section Brocade Qigong at least. We are going to introduce the Shaolin Eight Section Brocade Qigong in this workshop. There are over 40 counties more one hundred twenty thousand people practice it regularly.

"All Qi Gong exercises are intended to improve health, increase energy, revitalize the body and mind, prevent or control disease, tone the internal organs, improve balance, reduce stress, boost the immune system, remove toxins, tone the muscles and tendons, uplift mood, contribute to longevity, and provide an integrated mind-body practice leading towards enlightenment and harmony with the Tao. Take some confidence in this promise, "Every person who uses Qi cultivation methods consistently experiences some form of health improvement and personal access to greater energy and power" — Roger Jahnke, OMD, *The Healing Promise of Qi*, 2002, p. 31.

Fee \$160

Class is limited 10 students.
To Save your spot, register earlier
Send check to
Oriental Fitness Institute
PO BOX 4632
Philadelphia PA 19127

Class location:
5235 Ridge Ave
Philadelphia PA 19128
Class is one hour long and
will meet once a week.

Phone: 732 331 2823
Email:
OrientalFitness@yahoo.com

