



# HEALTH QIGONG WEEKEND WORKSHOP

Instructed by: **Professor Yang Yu Bing**  
& **Professor Li Zheng En**

**CHINESE HEALTH QIGONG ASSOCIATION**  
**INTERNATIONAL INSTRUCTORS**

11<sup>th</sup> – 13<sup>th</sup> OCTOBER 2019

BELL BLOCK HALL, MAIN ROAD, BELL BLOCK, NEW PLYMOUTH

## FRIDAY 11<sup>TH</sup> OCTOBER 2019

6.00pm – 6.30pm

**Registration**

6.30pm – 8.30pm

**Welcome and Special Free Open Class of Health Qigong**

## SATURDAY 12<sup>TH</sup> OCTOBER 2019

9.00am – 5.00pm (lunch break from 12noon-2.00pm)



### WU QIN XI

**The Five-Animal Qigong** is practiced by imitating symbolically and physically the movements, breathing and sounds of the five animals. It consists of some standard forms of movements, spontaneous movements and sounds, and simple but effective techniques. The symbolic connotation of the animals can have great effects on state of mind and behaviour.

The dignity and masculine power of the tiger, the elegance of the deer, the earthiness and soft strength of the bear, the graceful and free spirit of the bird and the liveliness and vigilance of the monkey, all imprint their marks on the consciousness and assist in building confidence and self-esteem.

One of the oldest and most well known styles of Qigong in China, the Wu Qin Xi is effective for promoting good health and suitable for all ages.

## SUNDAY 13<sup>TH</sup> OCTOBER 2019

9.00am – 5.00pm (lunch break from 12noon-2.00pm)



### LIU ZI JUE

**Six Healing Sounds** is a traditional Chinese health practice dating back to the Taoist Monks in 200 BC. It is an exercise that regulates and controls the rise and fall of Qi inside the body and related in halation and exhalation through different mouth forms.

The six healing sounds are “XU, HE, HU, SI, CHUI and XI” and their aim is the strengthening of the liver, heart, spleen, lungs, kidneys and sanjiao (the three portions of the body cavities housing the internal organs). The exercises are designed to be completed slowly, gently, with extended and graceful movements.

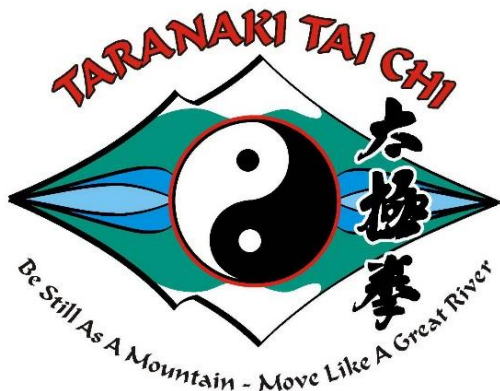
Practitioners of these exercises report they have experienced a general improvement in their quality of life with all ages and abilities enjoying the benefits of this qigong practice.

**LIMITED SPACES ONLY. PRE-REGISTRATION & PAYMENT IS REQUIRED. Email [taranakitaichichuan@gmail.com](mailto:taranakitaichichuan@gmail.com)**

**SINGLE DAY WORKSHOP \$70.00 per person (TTCCA Member) or \$80.00 per person (Non-Member)**

**WEEKEND WORKSHOP (All Sessions) \$100.00 per member OR \$120.00 per non-member**

**[www.taichiqigong.co.nz](http://www.taichiqigong.co.nz)**



## HEALTH QI GONG WORKSHOP

By Chinese Health Qigong  
Association International  
Professors – Miao Fusheng  
& Wang Jin Xuan  
11<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup>  
OCTOBER 2019

BELL BLOCK HALL - MAIN ROAD, BELL BLOCK, NEW PLYMOUTH

*Taranaki Tai Chi Chuan Association is proud to bring you an exciting and health promoting programme suitable for the beginner to the advanced student.*

### PROGRAMME:

#### FRIDAY 11<sup>TH</sup> OCTOBER 2019

6.00pm – 6.30pm

Registration

6.30pm – 8.30pm

SPECIAL FREE CLASS QIGONG

#### SATURDAY 12<sup>TH</sup> OCTOBER 2019

8.45am – 9.00am

Registration

9.00am – 5.00pm

WU QIN XI – FIVE ANIMAL FROLICS

#### SUNDAY 13<sup>TH</sup> OCTOBER 2019

8.45am – 9.00am

Registration

9.00am – 4.30pm

LIU ZI JU – SIX HEALING SOUNDS

**Please Note:** Lunch on both Saturday and Sunday is from 12noon – 2.00pm  
Tea and Coffee available at morning and afternoon tea only – please make your own arrangements for the lunch break.

**For more information contact:** JUDI LEE – Head Instructor

Taranaki Tai Chi Chuan Association Inc

Phone 027 268 2601 or email [taranakitaichichuan@gmail.com](mailto:taranakitaichichuan@gmail.com)

[www.taichiqigong.co.nz](http://www.taichiqigong.co.nz)



## HEALTH QI GONG WORKSHOP

By Chinese Health Qigong Association  
International Professors  
11<sup>th</sup> – 13<sup>th</sup> OCTOBER 2019  
BELL BLOCK HALL – NEW PLYMOUTH

### REGISTRATION FORM

NAME:	
ADDRESS:	
PHONE:	
EMAIL:	
I am a member of TTCCA <input type="checkbox"/> I am interested in becoming a member <input type="checkbox"/>	

#### Cost:

TTCCA Members: \$70 per day (Saturday or Sunday); \$100 for full weekend  
Non-Members: \$80 per day (Saturday or Sunday); \$120.00 for full weekend  
(Memberships welcome - \$10 annual subscription)

#### Please indicate sessions below: (tick box)

SATURDAY  SUNDAY  FULL WEEKEND   
WU QIN XI – FIVE ANIMAL FROLICS LIU ZI JU – SIX HEALING SOUNDS

**Payment Details:** Please make cheques out to Taranaki Tai Chi Chuan Association  
OR Direct payment to TSB Bank Acc 15-3942-0822108-00 using WKSP followed by  
your initial and surname as Reference.

Please tick if paid by Direct Credit to Bank  TOTAL AMOUNT PAID: .....

**Registrations To:** [taranakitaichichuan@gmail.com](mailto:taranakitaichichuan@gmail.com)  
OR 13 Kinross Drive, New Plymouth

