

QI GONG/CHI KUNG COURSE

UK SHAOLIN TEMPLE MAIN BASE

St Clements road, Boscombe, Bournemouth, BH1 4DZ

Every Monday
8.00pm – 9.00pm

6th September to 25th October

SHAOLIN BA DUAN JIN

八段锦

To book your place please contact us

07739 732612, 01425 270097
info@ukshaolintemple.com

UK SHAOLIN TEMPLE

SHAOLIN BA DUAN JIN

Chinese Qi Gong has a long history and a substantial content. Shaolin Qi Gong is a kind of advanced internal mind thinking which is a mix of Buddhism and Taoism, which can cultivate your life energy. Qi has the power to restore your body, making it strong enough to defend and resist against illness and physical attack. This kind of internal Gong Fu not only can strengthen your body, but also can refine your character, improve your physiological action and develop potential. Ba Duan Jin - Eight-Section Qi Gong Exercise is an accessible, fully-illustrated guide to this particular Qi Gong, which has been shown to improve the respiratory, cardiovascular and immune systems. The Ba Duan Jin exercise dates back to the Song Dynasty, and is broken down into eight sections, each of which focuses on a different physical area. The routine enhances limb strength and flexibility of the joints, and also fortifies the nerves. It can help in the treatment of illnesses such as osteoporosis and is also beneficial for mental health. This course will be of interest to Qi Gong and Tai Chi practitioners at all levels and people who are interested in Chinese culture.

COST:

Book before 16 th August 2010			Book after 16 th August 2010		
Membership Type	Adult	Students/Unemployed	Membership Type	Adult	Students/Unemployed
Non Member	£75	£65	Non Member	£90	£80
Members	£60	£50	Members	£75	£65

HOW TO BOOK

Please return the booking form below to: UK SHAOLIN TEMPLE, 55 Upper Gordon Road, Highcliffe, BH23 5ND

Course No:

Full Name: _____ Age: _____

Contact No: _____

Address: _____

Post Code: _____

Email: _____

Membership No: _____

I prefer to pay by: _____

A. Credit/debit card over the phone, B. Bank Transfer, C. Personal Cheque

YOUR MESSAGE:

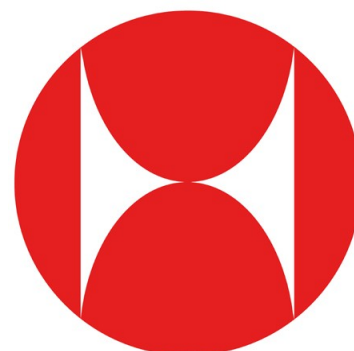
Contact detail

01425 270 097

07739 732 612

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