

# Yellow Phoenix Breath

## Beginner Qigong seminar

Sun 6<sup>th</sup> March 10am - 4.30pm

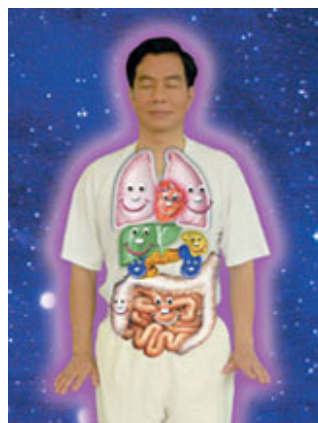
**in Christchurch**



In Qigong we find stillness and dynamic movements. Exercises change with the seasons: from expanding to condensing, from stillness to quick pace. In early March, the late summer is dominated with the **“Earth element”**, the **“Yellow Phoenix”** and the spleen energy. It governs the quality of thought. Intentional, enjoyable movement that involves flowing and balance describes the **"Yellow Phoenix Breath"** Qigong. Posture and carefulness are essential to these exercises.

When the spleen is weak, our thinking is unclear and we worry. When the spleen is in balance, we experience openness and flexibility in our life.

Qigong activates our innate self-healing energy and balances our emotions. It helps to release stress, and to generate a fresh feeling of being fully alive.



This enjoyable Qigong is easy to learn and it won't take long before you feel more centred and grounded.

### **Learning Qigong can help you feel, move and work with energy**

Practicing regularly will increase health and expand nourishing life force, reaching each body cell to effect rapid change and achieve inner cleansing.

This Tao Basic seminar is perfect for practitioners of all levels and is a great opportunity to start practicing Qigong or build upon your existing practice.

**Venue:** Avebury House, Richmond, Christchurch

**Sunday 6<sup>th</sup> March 10am - 1pm & 2.30pm - 4.30pm** Incl. short morning and afternoon breaks

**Tuition fee: \$130** Refresher \$100 paid until 15<sup>th</sup> Feb; **\$150** (refresher \$130) paid after 15<sup>th</sup> February

Enrol me for the seminar **Yellow Phoenix Breath Qigong 6<sup>th</sup> March** Tuition fee \$ \_\_\_\_\_

and I will pay in full or 50% \$ \_\_\_\_\_ and I will pay the balance until 15<sup>th</sup> February \$ \_\_\_\_\_

Bank transfer: Tao Motion 38 9006 0298478 00 Kiwi Bank

I take responsibility for myself and I accept the conditions of participation

Eligibility: There is a cancellation fee of \$20 until 15 February; \$90 until 25 February. Thereafter the entire seminar fee is due. Installment payment is available. You can transfer your place to someone else. Free cancellation when it is required through Covid-19 restrictions in Christchurch or the area, where you live.

Name..... Street.....

Town..... Postcode.....

Phone..... E-Mail.....

Date ..... Signature .....