

Qi Gong Workshop

FIRST TIME IN CANMORE!

7 to 10 p.m. Wednesday & Thursday October 25 & 26

Canmore Health & Wellness Centre

Mistaya Place, 105-1001 6th Ave, Canmore. Ph~ 609 3367

To register please call
403 609 5223

www.qigongacademy.ca

Qi Gong is a holistic way of maintaining good health through harmony between the spirit, body and mind of a person. This is accomplished by the cultivation of a person's inherent potential to promote their inner Qi (pronounced chee) or life force. Qi Gong in literary terms is translated as energy work, and is a multi-disciplinary science. It includes the study of preventative medicine featuring fitness and anti-aging.

The subject of Qi Gong is all-embracing; it encompasses philosophy, science, religion and other related disciplines into a unified field of study.

Discover your health from a different perspective and acquire easy to learn methods to quickly improve your energy and sense of well-being through the ancient art of Qi Gong. Master Michael Shen, PhD, is President of the International Qi Gong Association Canadian chapter, and an accomplished instructor and practitioner for over 30 years. Michael's passion and life work is promoting this all-embracing discipline.

For private bookings with Master Shen please call 403 609 2191.