



Saskatoon Traditional Kung-Fu Presents

Flying Dragon Qigong: Discovering the Three Treasures

Begins Jan 11, 2010

Learn:

Qigong Theory

**Quiet Sitting
(Meditation)**

Breathing

Dao Yin (Stretching)

**Zhan Zhuang
(Standing)**

Circle Walking

It is held that Baguazhang practitioners are among the longest-lived and healthiest people on earth. This method works through stimulation of your body's own natural internal systems while practicing a type of walking visualization and meditation exercise. Long regarded as a secret by the Li family, now you can learn Jiulong Baguazhang's standing and circle walking health exercises and reap the benefits with merely 30 – 60 minutes of daily investment in yourself.

Flying Dragon Qigong was created to stimulate the entire body, internal organs, nervous system, lymphatic system, cardiovascular system, and Qi meridian system through physical and mental actions while walking in a circle holding specific postures.

Great health and longevity can be achieved through this practice.

Over a course of eight classes, Dr. Yancy Orchard will share his knowledge of Flying Dragon Qigong methods. This introductory course will cover Quiet Sitting, Dao Yin (stretches), Breathing, Zhan Zhuang (Standing), Circle Walking, Visualizations, and basic Qigong theory. At the end of the course, students will have learned a systematic, daily practice.



The Discovering the Three Treasures Qigong course will be Mondays 7:15-8:30 PM on the following dates: January 11, 18, 25, February 1, 8, 22, March 1, 8.

Limited Space! Reserve Your Spot Now!

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www.NineDragonBaguazhang.ca