

# Experience the Power of the 6 Pillars Qigong for Nourishment & Strength

**Workshop: Sun 19 June 1.30 to 4.30pm Conducted by Fontane**  
**No experience is necessary. Everyone is welcome.**

Nowadays, with the amount of information at our fingertips, fast-paced communication and all the daily activities, the body-mind bears the burden of an overloaded existence. **The effects of stress accumulates insidiously** until we experience dis-ease in the form of tension, not sleeping well, low in energy, brain fog, digestive and bowel issues, etc.

There is no magic pill that one can simply take to address the above issues. Hence, Qigong (energy work) comes into the picture. **It uses postures and awareness to cultivate, transform and move qi (energy) through the body.** Qigong has a history of some 5,000 years in China and it has been deeply respected in Chinese culture for its ability to bring the mind and body back to balance.



The 6 Pillars Qigong is a **potent method** which uses **specially selected postures and energy pathways** to induce relaxation and build strength, both internally and externally. This Qigong has the ability to break up blockages which reside on the deeper levels of your energy system.

In the body's meridian networks, the energy pathways called **Jing Luo** are used in acupuncture to stimulate energy flow. There are 2 other networks of meridians which have no acupuncture points. If you think of **Jing Luo as main roads, Luo Mai are the side streets** which branch from the main roads. Traditional Chinese medicine uses herbs to influence Luo Mai but it is more challenging. Then, **Sun Mai are the laneways** which branch from the side streets. Chinese medicine cannot influence Sun Mai which is on a very subtle level. **These auxiliary channels are more difficult to access and require a deeper and more potent practice in order for them to open.** This 6 Pillars Qigong is designed to penetrate and affect these subtle channels within the physical body and its energy system.



As a result, your energy system will work more effectively. **Since your energy can move in a more uninhibited way to nourish the body-mind**, the effects of other Qigong, Tai Chi and internal martial arts practices will also be magnified. This enables you to receive greater benefits from all your training.

These **6 easy-to-learn Qigong movements** will:

- relieve tension in the neck, shoulders & lower back
- soothe the lungs & bolster the functioning of the respiratory system
- restore the capability of the digestive & bowel systems
- strengthen the legs and kidneys and hence, the vitality of the whole body-mind
- enable you to sleep deeply



This Qigong is **very user-friendly**. You can choose to do the whole set or whatever number of movements you like in a session.

**The workshop will be presented by Fontane** who specialises in energy cultivation and meditation practices. She has been teaching full time for 32 years and is highly regarded by all those who learn from her. She speaks about significant aspects which are rarely discussed. This knowledge is usually not taught openly. Take advantage of this opportunity to gain this Qigong skill and experience the synergy of nourishment and strength (the harmony of yin and yang)!

**Sun 19 June 2022 1.30 to 4.30pm \$240-**

Students who are enrolled in Tai Chi or Wu Dao Gong are eligible for a special rate of **\$200**.

Notes will be provided. You are welcome to attend the Zoom sessions too if you wish.

**St. Vincent's Primary School Hall**

Bindel Street, Aranda



**Also available on Zoom as a 2-Week Course**

You only need to attend one session each week.

However, you are welcome to attend as many sessions as you wish during the course.

**1st week:** Tues 21, Thurs 23 June

**2nd week:** Tues 28, Thurs 30 June

**7.15 to 8.45pm** (Canberra, Australia time)

**Bookings are essential** – pay your instructor or email [support@taichiacademy.com.au](mailto:support@taichiacademy.com.au) or phone the Office on 02 6296 1357

Please pay the workshop fee to confirm your booking.  
M/C, visa & Amex are welcome.

TAI CHI ACADEMY (since 1982) - ACT

# 6 Pillars Qigong for Nourishment & Strength

## Methods of Payment

If you **live in Australia**, please email us your mobile number, [support@taichiacademy.com.au](mailto:support@taichiacademy.com.au)

We'll contact you. Do NOT use the link below  
for overseas participants.

If you **live outside Australia**, please use this link to pay - AUD\$240, <https://learn.taichiacademy.com.au/6-pillars-qigong-for-nourishment-strength-on-zoom/buy>

The Zoom login details will be in the Word document and pdf in your learning management account for download.

### 2-week course on Zoom

- **1<sup>st</sup> week:** Tues 21, Thurs 23 June 2022
- **2<sup>nd</sup> week:** Tues 28, Thurs 30 June 2022

You only need to attend one session each week.

However, you are welcome to attend as many sessions as you wish during the course.

**7.15pm** to 8.45pm (Canberra, Australia time) for all sessions

Follow this link to see your local time if you live in other time zones, <https://www.timeanddate.com/worldclock/fixedtime.html?msg=6+Pillars+Qigong+Zoom+Course&iso=20220621T1915&p1=57&ah=1&am=30>