

Strengthen the Respiratory System & Feel Energised with Emei Breathing Qigong Technique

Sat 28 Mar – 11am to 1pm **Conducted by Fontane**
Suitable & Beneficial for Everyone. No experience is necessary.

Fontane Ip, who specialises in energy cultivation and meditation practices, has spent many years studying and researching the ancient healing and self-development arts of China. As part of her own special interest and cultivation, she has studied with experts in the branch of traditional Chinese knowledge called **Qigong (energy work)**. In China, this stream of knowledge has been passed down for almost 5,000 years since the time of the legendary healer Shen Nong and Yellow Emperor. The Taoists and Buddhists also played an important role in researching and developing these practices so that they have become **coherent systems of training**. In China, there are three regions which have been traditionally renowned for these arts: Emei Mountain, Wudang Mountain and Song Mountain (home to the Shaolin Temple).



The **Emei Qigong, famous for its healing arts**, is a comprehensive system comprising of knowledge and techniques from Taoist, Buddhist, traditional medicine and martial arts. This Qigong system has an unbroken lineage since its inception, now close to 800 years. Fontane has been extensively trained in the system under Grandmaster Fu Wei Zhong, the current 13th lineage holder and is authorised to teach the healing arts of Emei Qigong.

Recently, while teaching the **Emei Breathing Qigong technique** to her Tuesday Advanced Qigong Group (most students have been training since 2013), one of the students said he wished his family and friends could learn this. After giving this some thought, Fontane concluded, "Why not?!" and decided to offer this practice to the general public for the first time.



Benefits

(1) The Emei Breathing Qigong technique is a special method of **stimulating and strengthening the respiratory system**. (2) Your **lung capacity will be greatly improved**. (3) It **cultivates heart and lung qi (energy)** to strengthen the body and improve its immune function. (4) It **fortifies the body's life**

energy field and enhances its protective function.

(5) It helps the body to better adjust to cold and heat. Regular practice of this qigong will enable you **to become less affected by cold weather**. (6) It is also **helpful in addressing high blood pressure**. (7) An added bonus is that people **feel energised** after the practice. This powerful and effective self-healing method enables you to achieve so much. The practice takes only 15 to 30 minutes to accomplish.



As Jack affirms, "The Emei Breathing Qigong technique is simple to do but is very noticeable in its positive effect. After doing the breathing for just a few days, I feel stronger in the chest and lungs, and it has cleared the lingering effects of a cold. I also regularly do the Emei Sacred Healing Sounds and have found that these sounds feel clearer and stronger after doing the Emei Breathing Qigong Technique."

The Emei Breathing Qigong technique is beneficial for everyone. **Make yourself stronger** to fight against the flu and any respiratory problems. We cannot always control external conditions but we can make ourselves stronger. If you have weak lungs, asthma or if you are easily affected by cold and flu, practising this qigong will be an excellent tool in your journey to better health. **Attend the workshop and feel the difference!**

Sat 28 Mar 2020 11am to 1pm \$200-

Wesley Centre Gym,

behind the Rydges Hotel

corner National Circt & Fitzroy St, Forrest

>> Please bring a drink. <<

Workshop notes will be provided for each participant.

Bookings are essential as numbers are limited.

– <https://taichiacademy.com.au/tca/node/208>

– phone the Office on 02 6296 1357 or pay your instructor.

Please pay the workshop fee to confirm your booking.

M/C, visa & Amex are welcome.

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