

Experience Powerful Uncommon Qigong for Deep Nourishment

2 Week Course : Mon & Wed 22, 24, 29 & 31 Jan 6.15pm

Suitable & beneficial for everyone. No experience is necessary.

The Powerful Uncommon Qigong is a **secret Taoist method** which uses **specially selected standing postures** and acupuncture and qigong points for opening up the body, both internally and externally. **This Qigong works on the finer details of the body's energy structure.** It has the ability to break up blockages which reside on the deeper levels.



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 Powerful Qigong is designed to penetrate and affect the more subtle channels within the physical body and its energy system.



This practice will help to **clear blockages on the deeper levels** which prevent the Microcosmic Orbit from opening. For those whose Orbit is open, this Qigong will further strengthen the Orbit. As a result, your energy system will be more open and permeable. **Your energy can move in a more uninhibited way to nourish the mind and body.** The effects of other internal practices will also be magnified, thereby enabling you to gain more benefits.

By practising this Qigong, you will experience a deep level of nourishment and contentment.



In this course, you will learn the following :

- Qigong exercises to break up energy stagnation in the neck, shoulders and spine
- the core method of the Powerful Uncommon Qigong which is particularly favourable for liver health



Nowadays, **we sit a lot**, especially when using a computer, tablet or mobile phone. This **causes tension to accumulate in the neck, shoulders and back areas, resulting in stiffness and energy stagnation.** The Qigong exercises introduced in this course will precisely address these issues. Previous participants experienced a greater clarity of mind and a more comfortable and relaxed lower back after doing the exercises.

The course will be presented by **Fontane Ip** whose teaching experience spans 34 years. She speaks about significant aspects which are rarely discussed. Experience the feeling of deep nourishment and contentment for yourself!

2 Week Course : 22, 24, 29 & 31 Jan 2024

Mon & Wed 6.15 to 7.45pm \$260 GST included

Students who also enrol in Term 1 (2024) Tai Chi or Wu Dao Gong classes or online course subscribers are eligible for an exclusive rate of **\$220-**

St. Vincent's Primary School Hall
Bindel St, Aranda

Zoom sessions (Tues & Thurs) are also available — see p.2

– See page 2 for booking links or phone the Office on 02 6296 1357.

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

TAI CHI ACADEMY (since 1982)

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Suitable & beneficial for everyone. No experience is necessary.

2 Week Course (4 lessons) in the last 2 weeks of Jan 2024

>> The course was last held in 2017.

This course will be offered only once in 2024. <<

- Physical Classes - Mon & Wed 22, 24, 29 & 31 Jan - 6.15pm to 7.45pm

St. Vincent's Primary School Hall
Bindel Street, Aranda.

- **Zoom Sessions** - Tues & Thurs 23, 25, 30 Jan & 1 Feb - 7.15pm to 8.45pm
(Canberra, Australia time)

Check your local time:

<https://www.timeanddate.com/worldclock/fixedtime.html?>

[msg=Powerful+Uncommon+Qigong&iso=20240123T1915&p1=57&ah=1&am=30](https://www.timeanddate.com/worldclock/fixedtime.html?msg=Powerful+Uncommon+Qigong&iso=20240123T1915&p1=57&ah=1&am=30)

- Full Rate \$260- (GST included)
- Students who also enrol in Term 1 (2024) Tai Chi or Wu Dao Gong classes or online course subscribers are eligible for an exclusive rate of \$220-.

Once enrolled, you are welcome to attend the physical classes or Zoom classes or a combination of both.

Bookings are essential. Enrol Now!

Copy and paste the appropriate link into your browser:

- Full Rate \$260- <https://taichiacademy.com.au/checkout/?add-to-cart=632>

- Academy Student Rate \$220- <https://taichiacademy.com.au/checkout/?add-to-cart=631>

Attending Zoom sessions Only

To ensure timely receipt of your Zoom link, please complete your enrolment by

5:00 pm on 23 January (Canberra, Australia time) before your first lesson.