

QI GONG

SELF-BALANCE INTENSE COURSE

& TEACHER TRAINING
25.+26. APRIL 2015



A SYSTEMATISED AND EASY TO LEARN QI GONG

FROM THE DEEP ROOTS OF DAOIST MOVING ARTS & TCM
INCORPORATING KNOWLEDGE OF KINESIOLOGY AND PSYCHOLOGY

A PERFECT ADD-ON TO YOUR PRACTICE
AND A TOOLKIT FOR EMOTIONAL BALANCE & SELF HEALING

In an intense weekend you will learn the movements of all 5 element sets and their correct execution, accompanying exercises, teaching tips and in-depth background to use it as a powerful day to day self-balance tool. Learning materials (videos & reader) give you the chance to repeat and memorise the subject and to internalize the movements for yourself.

Besides using the Qi Gong for yourself you can decide to become a group class facilitator. Certification as a Level 1 Secret Elements Qi Gong teacher requires a teaching test in front of an instructor. This can be held personally or via Skype at any time after the training, giving you the required time to repeat and become confident with the exercise sets and its background.



SECRET ELEMENTS
QI GONG

Schedule: Saturday 25th April 12.30pm-7.30pm & Sunday 26th April 10.00am-5.00pm

Price: 399 AUD

Teacher: Secret Elements co-founder Sascha Wagener

Location/Booking: Yoga to Go Studio, 106-108 Crystal Street, Petersham, NSW, 2049, Tel. +61 2 9569-0870, www.yogatogo.com.au, email: info@yogatogo.com.au

Previous knowledge: no Qi Gong experience needed

More about Secret Elements Qi Gong: www.secret-elements-qigong.com

Yoga
TO GO
studio

YOGA & PILATES