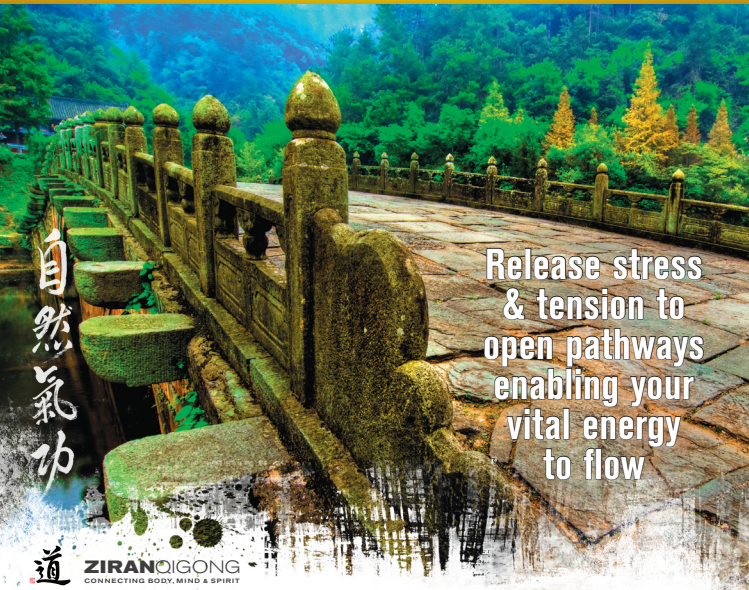


Ziran Qigong Foundation Course



自然氣功

Release stress
& tension to
open pathways
enabling your
vital energy
to flow

道 ZIRANQIGONG
CONNECTING BODY, MIND & SPIRIT

Qigong is an ancient Chinese practice which coordinates your breath with slow fluid movements in a calm mindful state to create health and balance.

Learn to harmonise the five phases.

The five elements of Metal, Water, Wood, Fire and Earth relate to specific organs that govern the function and health of your body. Learning to balance and purify these energies will open the meridians allowing your Qi to flow.

Suitable for all levels of experience from beginners to those seeking to deepen their qigong practice.

6 week course begins 12 Oct - \$195

with Ralph Spethmann, Ziran Qigong Master Instructor and
6th Generation Lineage Disciple of Master Liu De Ming

Wednesdays 6-7 pm 12 Oct - 16 Nov 2022

St Andrews Uniting Church, 85 Gillies St Fairfield
(Enter through gate on Duncan Street)

Register online: ziranmen.com.au

Inquiries: 0418 519 926