

# Ziran Qigong Foundation Training

Release stress  
& tension and  
open your  
pathways to  
enable vital  
energy to flow

自然氣功



**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.

**8 week course begins 20 July - \$240**

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

**Sat 11:45am - 12:45pm 20 Jul - 7 Sep 2024**

**St Andrews Uniting Church, 85 Gillies St Fairfield**

(Enter garden studio via gate on Duncan Street)

**Register online: [ziranmen.com.au](http://ziranmen.com.au)**

**Inquiries: 0418 519 926**