

LOCATION & SCHEDULE

April 21-22, 2007

9am-5pm

Heights of Wellness
1477 Park St. Suite 14
Hartford, CT 06106

Directions:

Take exit 46 off 84 East or West. Left off of the ramp onto Sisson Ave. At second light turn left onto Park St. No. 1477 is the corner of Park and Bartholomew Ave on the right. Parking lot is on Bartholomew Ave. Enter the door facing the parking lot. Studio is on the 3rd floor.

Hotel:

Best Western: 860.563.2311

(Request Heights of Wellness group block)



FEES & INFORMATION

Qigong

Qi is defined as the energy of the universe, and Gong means hard work or study. Therefore, Qigong means "the Study of Natural Energy." Western science has identified a bioelectric potential in the body which could be one of the primary aspects of Qi energy. The Qigong classes offered by Dr. Yang, Jwing-Ming study Qi in relation to health, longevity, and martial arts, and follow the methods developed by Buddhists, Daoists, and also martial artists.

Basic Qigong theory includes the understanding and the feeling of Qi, and the relationship of Qi to nature and the human body. Basic Qigong training includes the practices of how to regulate the body, breathing, mind, Qi, and finally Shen (spirit). Naturally, reaching the final stage is not easy. However, with the understanding that comes from doing the basic training, the student will be able to set goals and to know what to expect.



More info on

Dr. Yangs International headquarters:

<http://www.ymaa.com>

Fee:

Before March 1	\$200
	\$100 deposit
After March 1	\$220
	\$110 deposit

REGISTRATION FORM

Name _____

Address _____

Phone _____

E-mail _____

Profession _____

Method of payment:

_____ Check (payable to Heights of Wellness)

_____ VISA _____ Master Card

Credit Card#:

Exp. Date: _____ 3 digit security no.(on back of card)

Signature: _____

To register and secure your spot for this unique opportunity, complete the registration form and send your deposit to:

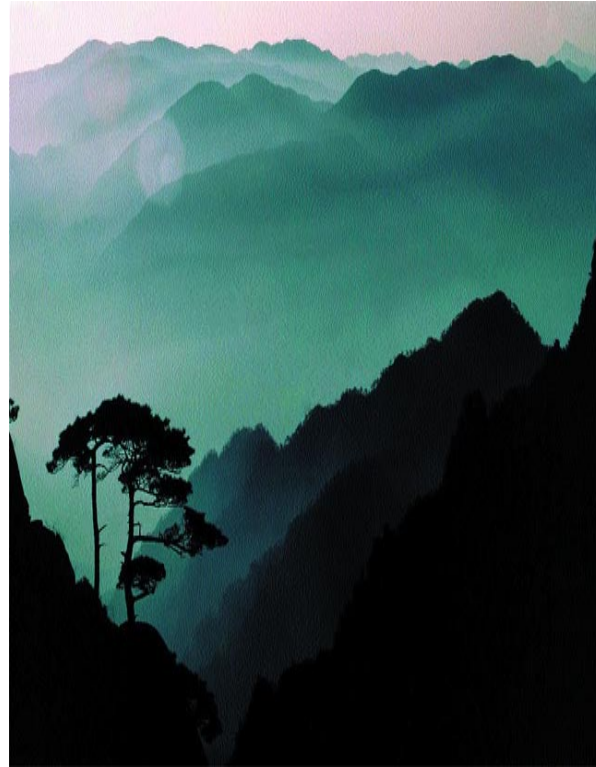
Heights of Wellness
C/O C.Y. Ching
1477 Park St. , Suite 14
Hartford, CT 06106

Contact: 860.951.1110
cyching@comcast.net
www.heightsofwellness.com

BASIC QIGONG

with

Dr. Yang, Jwing-Ming



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Hartford, Connecticut

Dr. Yang, Jwing-Ming

Is a world renowned author and teacher of Kung Fu, Tai Chi Chuan and Chin Na grappling, and

a leading authority on Qigong (Chi Kung). In thirteen years of study under Master Cheng, Dr. Yang became an expert in the White Crane Style of Chinese martial arts. At the age of sixteen, Dr. Yang began the study of Yang Style Taijiquan under Master Kao Tao. Dr. Yang came to the United States in 1974 to study Mechanical Engineering at Purdue University, where he earned his Ph.D. Yang's Martial Arts Association was established in Boston, MA in 1982. Dr. Yang has published over thirty books and fifty videos and DVDs on the martial arts and Qigong, which have been translated into several foreign languages. Dr. Yang has a dream.

"I want to lead Chinese martial artists in the West back to their roots and help them to regain their original high level of skill and public respect. I also wish to bring Qigong training to the Western world and have it accepted by the Western medical society once and for all. Voted by Inside Kung Fu Magazine as one of the people who has "made the greatest impact on martial arts in the past 100 years."

