

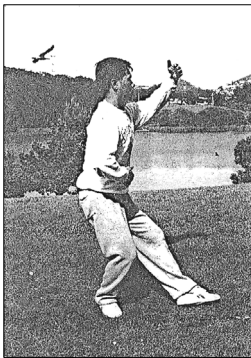


PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

**THE BIG WILD GOOSE QIGONG
A UNIQUE SET OF MOVES FROM
THE TAOIST KUNLUN SCHOOL**



6-week Session with Gloria Jenner

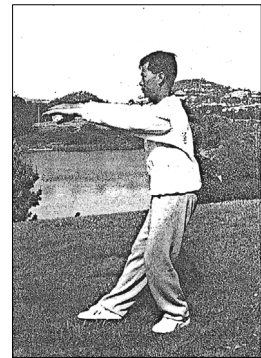
Starts: October 3, 2017

Classes: Tuesdays 8:15-9:15pm

Fee: \$55.00 for the six classes

Place: Epiphany Memorial Hall

19A Holborn Ave at Briscoe St W, London ON
(1 block west of Wharncliffe, 2 blocks north of Emery)



The Big Wild Goose Qigong is a set of 64 moves handed down through the ages among exclusive circles of the Taoist Kunlun school. The set imitates the postures and movements of the wild goose and assimilates the ancient daoyin (breathing) methods. These exercises are easy to learn, and will promote physical fitness, increase energy, and enhance the mind's clarity and function. The form we practice was taught to us in 1988 by Professor Ai Min of Ch'ian, China. Professor Ai Min's teacher was taught by Qigong Grandmaster Madam Yang Meijun.

QIGONG (Chi Kung) is the art of strengthening health, focusing the mind and being aware of the breath; combined with correct posture and physical movement. The Qigong positions are designed to affect the movement of energy (chi) and to help it travel around the body to nourish it internally and externally.

Sifu Gloria Jenner has been teaching T'ai Chi and Qigong for over 30 years and is the Founder of Phoenix T'ai Chi Centre. Gloria is a member of the Canadian Taijiquan Federation.

This series of exercises may be practiced by all ages.

**Visit our website at: www.phoenixtaichi.ca
or call: 519-439-8875**