

# Chi-Chinese Healing College

(02) 9629 1688

**Master Zhang Hao**

Invites you and your friends to enjoy our 20<sup>th</sup> annual rewarding...



[www.chihealing.com.au](http://www.chihealing.com.au)

## Oriental Rejuvenating Weekend

**VENUE :** Point Wolstonecroft Sport & Recreation Centre – Kanangra Drive, Gwandalan (Lake Macquarie)

**DATE :** 11<sup>th</sup> ~ 13<sup>th</sup> September 2009

**Package: \$248.00** - For advanced payment before 10<sup>th</sup> August 2009

**\$288.00** - For late payment after 10<sup>th</sup> August 2009

**Weekend Package includes** - Lakeside lodging, all Meals, relaxing Tai Chi /Qi Gong exercises, enjoy & receive “Chi’ Acupressure or Remedial Massages renew body energy, acquire health living wisdom, participate recreational and entertaining events, have an quiet time with nature .....

**Everyone can enjoy & benefit from this weekend -- with or without Tai Chi / Qi Gong experience.**

### GENERAL SCHEDULE

#### Friday – 11<sup>th</sup> September

5:00 – 7:00 PM	Arrival & Registration – (Check in at Centre’s Dining Hall)
7:00 – 8:00 PM	Refreshing stretches to ‘Letting go’ stresses & tensions
8:00 – 9:00 PM	Dinner
9:00 – 9:30 PM	Meditative Shibashi – 18 moves practiced with eyes closed
9:45 – 10:15 PM	Relaxing head and shoulder massage for a good night sleep

#### Saturday – 12<sup>th</sup> September

#### Sunday – 13<sup>th</sup> September

7:30 AM	Energy soothing movements by the peaceful waters	7:30 AM	Energy Rejuvenating movements by the beautiful Lake
8:30 AM	Breakfast	8:30 AM	Breakfast
9:45 AM	<b>Promotion of Inner Vitality</b> Experiences the essences of Yang, Chen, Wu and Sun style of Tai Chi to enliven your body’s intrinsic vitality in multi-levels	9:45 AM	<b>Healthy Body Classics</b> Xing Shen Zhuang – Classic Taoist discipline to connect oneself closely with the universal Heaven /Earth powers that around each of us
10:45 AM	<b>Cultivation of Life Energy</b> Empowering your mind and the inner strength with ‘Earth’ Qi Gong	10:00 AM	<b>Wu Shu</b> A spectacular and Dynamic Chinese Shao Lin Martial Art to boost your spirit and invigorate your body’s ‘fire wall’
12:30 PM	Lunch and ‘Chi’ Shopping time*	11:00 AM	<b>Healing rejuvenation with Acu / Remedial Massage session</b> or join guided practice sessions in Tai Chi, Dragon Fan, Sword, Wild Goose Qi Gong etc.
2:00 PM	<b>Be your own healer</b> The simple self-help wisdom/solution that draw s from Meridian/Energy system to save you time and money and to live a healthier life	1:00 PM	Bar-B-Q Lunch
3:30 PM	<b>Healing Relaxation with Remedial Massages</b> Select Chinese Acupressure therapy – with clothing on or Remedial massage therapy – with oil (Bring your 3 towels) to enjoy our offer	2:00 PM	<b>Panel Discussion &amp; Question/Answer</b> * Spiritual enlightenment * Healthy living * Energy cultivation
6:00 PM	Dinner	2:30 PM	<b>‘Winding down’ meditation</b> Calming and Reflecting
7:30 PM	<b>‘Chi’ Entertainment</b> - Special performances by Master Zhang Hao and the ‘Chi’ College Team	3:00 PM	Farewell!
9:00 PM	<b>Lantern Parade</b> - Bring your lantern to join our special Lantern Parade Celebration of 20 years establishment of Chi - Chinese Healing College		
11:00 PM	Lights off		

### BOOKING FORM – ORIENTAL REJUVENATING WEEKEND – 2009

NAME: \_\_\_\_\_ SEX: M  F  PH: \_\_\_\_\_

Regular Meals  Vegetarian Meals  YOUR INSTRUCTOR (if applicable) \_\_\_\_\_

PAYMENT: \_\_\_\_\_ Date: \_\_\_\_\_

Cheque/Money Order payable to: **Chi-Chinese Healing College**  
12A Pipersbrook Crescent – Bella Vista NSW 2153

Please return this form with the full payment to secure your weekend placement

## **LODGING**

1. Shared accommodation with En-suite bathroom and Air conditioning.
2. Bring your own sleeping gears: quilt, pillow, towel, toiletries etc.
3. Wear appropriate exercise clothes, shoes and may bring a torch with you.
4. If wishing to enjoy remedial oil massage, bring 3 towels for comfort and privacy.
5. For those who love to play Tennis, please bring your tennis racquets and balls.
6. During the 'Chi' Shopping time, you can purchase learning DVD, exercise tops, shoes and some special souvenirs at a special price.
7. Prepare and bring your unique Lantern for our special celebration parade.
8. Please forward your payment with enrolment form before the date due to obtain the special rate.

**For more information phone the College (02) 9629 1688**

**Or Email to: [admin@chihealing.com.au](mailto:admin@chihealing.com.au)**

**THE POINT WOLSTONCROFT SPORT AND RECREATION CENTRE** is situated amidst 121 hectares of National Park bush land on a peninsula on the south eastern shores of Lake Macquarie - Australia's largest salt water lake. It is a very beautiful and restful site, and takes about 90-minute drive north of Sydney and 30-minutes south of Newcastle.

### **How to get there:**

#### **From Sydney:**

Take freeway F3, Exit at sign '**Budgewoi/Swansea /Charlestown**' (the second left exit North of Caltex twin service station), follow through to Doyalson about 10 KM to Gwandalan sign, turn left onto Kanangra Drive and proceed straight through the roundabout (second exit of the roundabout) towards the end of the road.

#### **From Newcastle:**

Follow Pacific Highway from Newcastle through Charlestown, Belmont, Swansea, to sign '**Point Wolstoncroft**', turn right onto Kanangra Drive and proceed straight through the roundabout (second exit of the roundabout) towards the end of the road.