



# Chi-Chinese Healing College

(02) 9629 1688

www.chihealing.com.au

## SPECIAL INTENSIVE SUMMER COURSES

January – 2010

Conducted by:

Master Zhang Hao

### CCHC BURWOOD TRAINING CENTRE

St. Paul's Church Hall – 205 Burwood Road

## Five Animal Play (Wu Qin Xi)

Regarded as most famous ancient Chinese "remedy dancing", Wu Qin Xi was created by Dr. Hua Tuo, the father of Chinese Medicine (AD 141-208). The Five Animals are the **Crane** for relaxation, the **Bear** for strength, the **Monkey** for flexibility, the **Deer** for grace, and the **Tiger** for power.

Regular exercising of Wuqin Xi can clear the energy meridians, regulate Qi and blood, nourish the viscera, strengthen muscle / bones and sooth joint activities.

And particularly it is very enjoyable to learn and practice for refreshing the mind.



**DATE** : Tuesday – 12<sup>th</sup>, 19<sup>th</sup> January 2010  
**TIME** : 6:30 pm ~ 8:30 pm  
**COST** : \$45.00 For 2 x 2 hour session

## Phoenix Fan

Upgrade the Tai Chi Fan into more spirited and more elegance expressions.  
Completing the whole upgrade in 2 intensive sessions.

**DATE** : Tuesday – 12<sup>th</sup>, 19<sup>th</sup> January 2010  
**TIME** : 8:30 pm ~ 9:30 pm  
**COST** : \$25.00 For 2 x 1 hour session

Advance payment can be made / posted to:  
Chi-Chinese Healing College - 12A Pipersbrook Crescent, Bella Vista NSW 2153  
or handed to Chi-College instructors