

# Chi-Chinese Healing College

(02) 9629 1688

Master Zhang Hao



Invites you and your friends to enjoy our 21<sup>st</sup> Bi-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 :** 2<sup>nd</sup> ~ 4<sup>th</sup> September 2011

**Package:** \$280.00 - For advanced payment before 3<sup>rd</sup> August 2011

\$320.00 - For late payment after 3<sup>rd</sup> August 2011

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

Everyone can enjoy this weekend – with or without previous Tai Chi / Qi Gong experience.

### GENERAL SCHEDULE

#### Friday – 2<sup>nd</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 flowing movements with eyes closed to connect oneself
9:45 – 10:15 PM	Relaxing shoulder energy pulsing massage for a good night sleep

#### Saturday – 3<sup>rd</sup> September

#### Sunday – 4<sup>th</sup> September

7:30 AM	<b>Fresh morning stretches by the peaceful open waters</b>	7:30 AM	<b>Morning rejuvenation in front of the beautiful Lake</b>
8:30 AM	Breakfast	8:30 AM	Breakfast
9:40 AM	<b>Cultivation of Life Energy</b>	9:40 AM	<b>Healthy Body Classics</b>
	Experiences the moment of your Jing-life essence, Chi- inner vitality and Shen- intrinsic spirit in unison with Master Zhang Hao		Five Animal Play – 1800 years ancient fitness keeping discoveries that brings the Tiger, Deer, Bear, Monkey and Crane 's living wisdom and Spirit into our modern life
10:40 AM	<b>Promotion of Inner Vitality</b>	10:00 AM	<b>Wu Shu</b>
	Empowering your mind and the inner strength with five phases Tai Chi		A spectacular and Dynamic Chinese Shao Lin Martial Art to boost your spirit and invigorate your body's 'fire wall'
12:30 PM	Lunch	11:00 AM	<b>Healing rejuvenation with Acu / Remedial Massage session</b>
2:00 PM	<b>Be your own healer</b>		or join guided practice sessions in Tai Chi, Dragon Fan, Sword, Wild Goose Qi Gong etc.
	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>	2:00 PM	<b>Panel Discussion &amp; Question/Answer</b>
	Let our trained remedial therapist to find out your body's tension or soreness , and massaging them away...		* Spiritual enlightenment
6:00 PM	Dinner		* Healthy living
7:30 PM	<b>'Chi' Entertainment</b>		* Energy cultivation
	- Special performances by Master Zhang Hao and the 'Chi' College Team	2:30 PM	<b>'Winding down' meditation</b>
9:30 PM	<b>Bush Dancing</b> – Loosening yourself and participate the group dancing fun under the moon		Calming and Reflecting
11:00 PM	Lights off	3:00 PM	Farewell!

### BOOKING FORM – ORIENTAL REJUVENATING WEEKEND – 2011

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: Bed lining, Quilt, Pillow case, 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. To drive into the centre: the front gate opening code on the day is **4185**

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.