

Happy  
Chinese  
New Year!



*learn and practise it  
for your health*

Health Qigong is a fun and healthy activity that any body can try. It's a practice which helps you to cultivate your body and mind. Now there is an opportunity for you to try it out. Dont try to resist the temptation.

*Come to play  
Come to try it  
Don't miss out on  
these workshops !!!!!*

## The Chinese Health Qigong delegation visiting Australia again.

### Sponsor:

Chinese Health Qigong Association (CHQA)  
Australian Health Qigong Association (AHQA)

### Co-sponsor:

Wushu Sports Academy, Australia (WSA)

## The Health Qigong Workshops

### Ultimo Community Centre

(38-40 William Henry St. Ultimo)  
09/02 Sat 1:30pm - 4:00pm  
10/02 Sun 1:00pm - 4:00pm  
17/02 Sat 12:00pm - 3:30pm

### Sydney Institute of

### Traditional Chinese Medicine

5/F, 25 Dixon St., Haymarket 2000.  
16/02 Sun 12:30pm - 4:00pm

Cost: \$30.00p.p. (Group bookings of 10 \$25 p.p.)

### \*Program of the workshops\*

1. Introduction of Qigong
2. Demonstration by Qigong masters
3. You will be taught SIMPLE movements by the professionals
4. A Q & A time

**Show** Men's Shed  
1B, Thomas St., Lewisham 2049  
(Free) 11/02 Mon 1:00pm - 2:00pm



### Chinese Health Qigong Delegation Member

**Mr Zhang Zheng** (Delegation Leader)  
Deputy Secretaries-General of CHQA

**Mr Jin Xiangkui** (Head Coach)  
Professor of Dalian University/  
Committee Member of CHQA

**Mr Wang Zhen** (Instructor)  
Assistant Professor of Shanghai Sports Institute  
Committee Member of CHQA

**Ms Lai Jianhui** (Instructor)  
Instructor of Shanghai Sports Institute

**Ms Li Lan** (Instructor)  
Instructor at Gansu Province Sports Center

IMPROVE YOUR HEALTH FROM TODAY  
CALL:

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**02-9518 7058**