

QI GONG & TAI CHI WEEKEND RETREAT

EASTER WEEKEND



In the beautiful Mulgoa, rejuvenate body and mind with national Qi Gong & Tai Chi instructor Angela Zhu

What is Qi Gong? Literally 'energy work', Qi Gong uses meditative movements and breathing techniques to operate on the Qi in the body. Qi Gong improves flow of blood and energy, for physical health and mental calm and wellbeing.

When: 5th-8th April 2012

Where: Mount Schoenstatt Conference & Retreat Centre, 230 Fairlight Road, Mulgoa

Includes: Shared bathrooms, showers & kitchen
Morning and afternoon tea
All classes (Qi Gong & Tai Chi)

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Program and Timetable

Thursday 5th Arrive in the afternoon

Friday 6th

Tai Chi & Qi Gong class and workshop

Saturday 7th

Tai Chi & Qi Gong class and workshop

Excludes: Meals (restaurants nearby), classes and workshops on 8th April

Bring: Linen and pillowcase (blankets & pillows supplied)
Food to cook

Cost: Single bed (shared rooms): \$369 per person for 3 nights

Sunday 8th

7:30-8:45am Morning Tai Chi

10-12pm Guo Lin Qi Gong

1-3pm Guo Lin Qi Gong

Cost: \$22 - Morning Tai Chi session
\$100- Guo Lin Qi Gong session

Book: Full payment before 1st March 2012
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