



TAICHI FOR LIFE SEMINAR

☯ YI JIN JING

LYING & STANDING FORMS

☯ YIN YANG COOKING



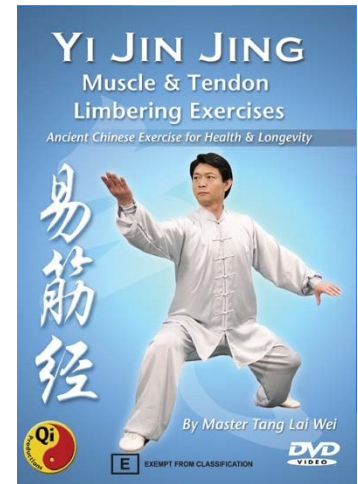
Your Pathway to
Harmony & Success
www.taichiforlife.com

330 SPRINGVALE ROAD, NUNAWADING
SUNDAY 3RD OCTOBER 2010 10:00AM TO 4:30PM

\$ 160 ALL SESSIONS
\$ 65 FOR YIN & YANG COOKING PLUS LUNCH

10% EARLY BOOKING DISCOUNT BY 19TH SEPTEMBER & MEMBERS DISCOUNT

YI JIN JING
Master Tang will guide you through one of the most widely practiced series of Yi Jin Jing today. The exercises on the cultivation of vital energy (Qi' or 'Chi'), promoting the regulative function of the internal organs and circulation of the body's meridians. Regular practice can help promote physical and mental well-being, preventing illness and even prolong life. Separate Sessions in Lying and Standing forms of Yi Jin Jing



YIN & YANG CHINESE COOKING *Lunch at 1pm - 2pm*
Learn how the principles of Yin and Yang relate to Chinese Cooking and the improvement of balance and harmony within the body. Master Chef Robert Lew will present live demonstrations and provide traditional recipes that enhance the yin yang energies.



**Call now to secure your booking: Ph (03) 9878 7188
or email: enquiries@taichiforlife.com**



TAICHI FOR LIFE SEMINAR REGISTRATION FORM
Name: _____
Address: _____
Post Code: _____
Contact Phone Number: _____

Email: _____

YES! I WOULD LIKE TO REGISTER FOR
\$ 160 COMPLETE SEMINAR _____
\$ 65 LUNCHTIME SESSION ONLY _____
EARLY / MEMBERS DISCOUNT _____
TOTAL ENCLOSED PAYABLE TO TAICHI FOR LIFE _____

- Preparation:**
- ☉ Please arrive by 9:30 am for Introduction.
 - ☉ Wear comfortable, loose clothing with clean training shoes on arrival.
 - ☉ Please advise of any special Dietary Requirements .
- REGISTRATIONS CLOSE 26TH SEPTEMBER

Credit Card # _____ Exp. date _____
Signature _____