

Chinese Health Qigong Specialists Visiting Edmonton

Health qigong seminars and training classes will be held in Edmonton from May 31st to June 6th. This event is co-hosted by the International Health Qigong Association, The Chinese Health Qigong Association and the Ji Hong International Health Qigong College of Canada.

Based on traditional Chinese forms of body exercises, Health Qigong has been developed with infusion of principles of modern health exercise theories. The benefits of regular practice of Health Qigong are many, as listed below:

- Improve physical fitness;
- Improve mental health;
- Prevention or slowing the loss of mental capacity;
- Maintain healthy physiological functions;
- Improve blood circulation;
- Maintain healthy organ and body functions.

The presenter of the seminars and the instructor of the training classes will be the distinguished Professor Cao Yun of the Junyi Physical Education Institute. Professor Cao plays a leading role in Wushu and Traditional Health Studies at the institute. His credential and achievements are listed as follows:

- Chinese Wushu 7th Duan (9 Duan system)
- Chinese Health Qigong 7th Duan
- Health Qigong national adjudicator
- President of the Junyi Wushu Association
- Gold medalist of Health Qigong form Liu Zi Jue at the 2011 National Collegiate Championships
- Adjudicator and Chief Adjudicator of national health qigong competitions.

Sponsored by the International Health Qigong Association, Mr. Cheng Jiang, Head of the delegation and Professor Cao Yun will undertake a series of activities with the goals of promoting and popularizing Health Qigong and fostering better understanding and wider participation within this global family of Health Qigong.

Details of Activities: (All classes are conducted by Professor Cao Yun)



1. Seminar on the Theory of Health Qigong (Principles of the Three Aspects of Body Regulation)

May 31st 7:00 pm – 9:00 pm Location: 11203 – 105 Avenue Fee: \$15

Who to Attend: All interested may attend.

2. Taiji Yang Sheng Zhang Continuation Class

June 1st 10:00 AM – 12:00 PM Location: #219, 9148–23 Avenue Fee: \$15

Who to Attend: Some previous knowledge of the form.

3. Daoyin Yangsheng Gong Training Class

June 2nd 10:00 AM–1:00 PM and 7:00 PM – 9:30 PM for a total of 5.5 hours

Location: 11203 – 105 Avenue Fee: \$65

Who to Attend: All interested may attend, no pre-requisite.

4. Ma Wang Dui Dao Yi Shu

June 3rd 10:00 AM–1:00 PM and 2:00 PM – 4:30 PM for a total of 5.5 hours

Location: #219, 9148–23 Avenue Fee: \$65

Who to Attend: All interested may attend, no pre-requisite.

For enquiries and registration

please phone 780-424-8924/780-965-8338 or email jihong@jihongtaichi.com