



TAICHI FOR LIFE WORKSHOP

Qigong Meditation & Chinese Cooking

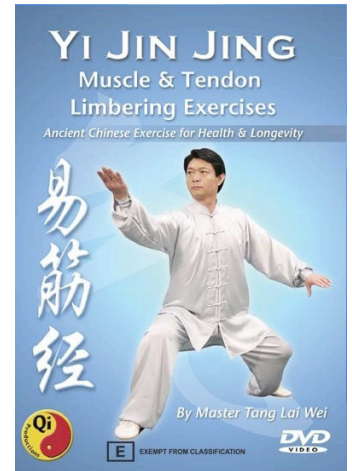
SUNDAY 8th JULY 2012 10.00AM TO 4.00PM
330 SPRINGVALE ROAD, NUNAWADING

COST: \$160 10% EARLY BOOKING DISCOUNT BY 24TH JUNE & MEMBER DISCOUNT

YI JIN JING – Muscle & Tendon Limbering Exercise

Master Tang will guide you through one of the most widely practised series of Yi Jin Jing today. The exercises on the cultivation of vital energy (Qi or Chi), promoting the regulative function of internal organs and the 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 & Standing forms of Yi Jin Jing



LUNCH PREPARED BY MASTER CHEF ROBERT LEW

Renowned chef Robert Lew has over 40 years experience in Chinese cuisine as chef, restaurateur and teaching at William Angliss and Holmesglen.



CHINESE COOKING DEMONSTRATION

Robert Lew will teach you step by step how to make delicious and healthy Chinese spring rolls and egg *foo yong* (Chinese omelette). Learn how you can prepare restaurant quality food at home. Recipes provided.

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

TO BOOK PLEASE COMPLETE REGISTRATION FORM & RETURN TO TAICHI FOR LIFE

REGISTRATION FORM: Qigong Meditation & Chinese Cooking WORKSHOP	PAYMENT:
Name: _____	<input type="checkbox"/> Cheque/Money Order (Payable to Taichi for Life)
Address: _____	<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard
_____ Postcode: _____	Number: ____ / ____ / ____ / ____
Email: _____	Expiry Date ____ / ____
Contact Number: _____	Name on Card _____
SPECIAL DIETARY REQUIREMENTS: _____	Signature: _____
	TOTAL AMOUNT: \$ _____
	<input type="checkbox"/> WORKSHOP: <input type="checkbox"/> \$160 <input type="checkbox"/> \$144

REGISTRATION CLOSE 30TH JUNE 2012