

## Qi Gong with Master Zhao Shihua 12 Cycle Training Programme

Qi Gong master **Zhao Shihua** will visit The Illawarra in March 2013 to teach the **12 cycle Qi Gong training programme**. In China this teaching is regarded as "very precious", is rarely taught, and then only to experienced practitioners who have shown special aptitude.

We are very lucky to be offered this **unique** opportunity to learn a practice that has benefits that will last our entire lifetime. We strongly encourage you to make the effort to join this programme. We have participated in or been involved in the 12 cycle programme for many years and during that time have seen many people make dramatic changes to their state of health and mind.



This programme is suitable for people of all ages and fitness levels and can assist in healing as well as strengthening the body. Its results include:

- Improved physical strength, emotional and mental well being
- Increased concentration and focus
- Connect with inner wisdom and special abilities.
- Growth in confidence and self-esteem
- Relaxation and inner peace
- Deepened insight and intuition

The 12 cycle is not an academic study of Qi Gong. It is through immersion in the practices and discipline of the programme that the results manifest. A mature level of self-discipline and responsibility is needed to participate effectively. **What you put into it directly effects what you will get out of it.** Zhao himself will transmit powerful Qi into your body and then you can increase it with the series of 12 exercises comprising movement and specific breathing techniques.

Daily personal practise of approx. 40 minutes is essential and there are some lifestyle restrictions to be observed. The programme lasts for 4 months, with intensive tuition on the opening and closing weekends and a weekly or fortnightly group practice where the exercises can be fine tuned and experiences discussed.

For health workers this is an amazing opportunity to strengthen your own Qi, control your use of Qi when working with patients and develop intuitive healing abilities.

Zhao Shihua has been practising Qi Gong for over 40 years. He has taught widely throughout China and is a powerful Qi Gong healer. He ran a clinic and school in Hainan, China for many years before coming to Australia in 1997. [www.tiandiqigong.com.au](http://www.tiandiqigong.com.au)

Initial Teaching	Sat 23 <sup>rd</sup> March	2pm – 6pm
Initial teaching & opening	Sun 24 <sup>th</sup> March	10am – 5pm
Adjustment	Sun 23 <sup>rd</sup> June	2pm – 3.30pm
Residential Closing Weekend	Fri pm 12 – Sun 14 July	

The initial weekend will be held in Thirroul, venue to be announced.  
(Let us know if you need accommodation)

Participants are encouraged to join the weekly group practice sessions which will be held in Thirroul. Other venues can be arranged if required.

Venue for the closing residential weekend to be notified.

**Cost:** Full \$1300                      Concession \$1070                      Review \$720

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**Registration:** \$200 deposit due by 8<sup>th</sup> March, 2013.  
Please make cheque payable to "Tiandi Qi Gong"

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*We hope you can join us. You won't regret it.*

**IMPORTANT:** For those who are new to Qigong we will offer a Basic Workshop and Information Day on Sunday 3. March 2013, 1-5pm @ Menla Clinic Thirroul. Bookings essential. Cost:\$60