



# 12 Step Health Preservation Qigong

## WORKSHOP DETAILS

**Date:** 19 May 2024, Sunday  
**Time:** 1.00pm - 5.00pm  
**Venue:** Dance House  
150 Princes Street, Carlton North, VIC 3054  
**Cost:** \$160.00 (Wulong Students)  
\$190.00 (Non-Members)

## WHAT WILL I LEARN?

- An introduction to 12 Step Health Preservation Qigong - Daoyin Yangsheng Gong Shi Er Fa.
- Foundation skills and techniques
- Simple, beautiful movements based on traditional Chinese medicine principles to improve the function of organs and preserve good health.
- All skill levels are welcome.

## BOOKING AND ENQUIRIES

Please contact Professor Lily Sun.  
Email: [info@wulongtaichi.com.au](mailto:info@wulongtaichi.com.au)  
Mobile: 0412 453 395  
[www.wulongtaichi.com.au](http://www.wulongtaichi.com.au)

Grand Master Sun Han Xiang Lily is a 8th Duan Professor Wushu and Tai Chi at Wuhan University in China, with a Bachelor Degree in Chinese Martial Arts and is an internationally recognised SanShou (Chinese Competition Fighting) judge. While she is proficient in numerous styles in Wushu and Tai Chi, winning a Chinese National Championship in China, studying under Professor Jiang Bei Long (currently the highest ranked master in China). She has been awarded "Most Successful Coach" Awards several consecutive times and has coached both Tai Chi and Wushu students to win Gold medals in both national and international competitions. we know that you will benefit enormously from her warm, generous and exceptional teaching skills.

## Wulong 12 Step Health Preservation Qigong Workshop Booking Form

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Tel: (\_\_\_\_) \_\_\_\_\_ Mobile: \_\_\_\_\_

I am a (select one):  \$160 Wulong Student  \$190 Non-member

### Payment method (select one):

Cash at class, or on the day

Direct debit (BSB: 013-162, Account Number: 4072 33236, Account name: Wulong Tai Chi Kung Fu)

Use your name as the reference and email completed booking form to [info@wulongtaichi.com.au](mailto:info@wulongtaichi.com.au)