



Health Qigong Da Wu Workshop

(Chinese Health Qigong Association Approved Routine)

with **Professor Lily Sun**



WORKSHOP DETAILS

Date: 2nd June 2019, Sunday
Time: 1.00pm - 5.00pm
Venue: Dance House
150 Princes Street, Carlton North, VIC 3054
Cost: \$150.00 (Wulong Students & WTQA members)
\$180.00 (non-members)

WHAT WILL I LEARN?

- An introduction to Da Wu - the graceful joint-relaxing dance-like exercises. Da Wu originates from the Tang Yao Period (about 4,000 years ago) and recorded in ancient documents.
- Da Wu uses limb movements, breath and concentration of the mind to regulate the inner organs, promote the circulation of the blood, replenish vital energy, recover from illness, and promote fitness.

BOOKING AND ENQUIRIES

Please contact Professor Lily Sun.

Email: info@wulongtaichi.com.au

Mobile: 0412 453 395

www.wulongtaichi.com.au

Grand Master Sun Han Xiang Lily is an 8th Duan Professor of Wushu and Tai Chi at Wuhan University in China, with a Bachelor's Degree in Chinese Martial Arts and is an internationally recognised SanShou judge. While she is proficient in numerous martial arts weapons, the straight sword was the short weapon of choice when 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" Award multiple times (2012-2014), in Australia. We believe that you will benefit enormously from her warm, generous and exceptional teaching skills.

Wulong Health Qigong Workshop Booking Form

First name: _____ Last name: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Email: _____

Tel: (____) _____ Mobile: _____

I am a (select one): \$150 Wulong Student \$150 WTQA Membership No.: _____ \$180 Non-member

Payment method (select one):

Cheque/Money Order (made payable to Wulong Tai Chi Kung Fu)

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