



Health Qigong Mawangdui Daoyin Shu Workshop

RESCHEDULED - WORKSHOP DETAILS

Date: 4 July 2021, Sunday
Time: 1.00pm - 5.00pm
Venue: Dance House
150 Princes Street, Carlton North,
VIC 3054
Cost: \$150.00 (Wulong Students)
\$180.00 (Non-Members)

WHAT WILL I LEARN?

- Introduction to Mawangdui Daoyin Shu Qigong
- Foundation skills and techniques
- Simple, beautiful movements to maintain health, strengthen the body and cultivate a positive mental attitude
- All skill levels are welcome.

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 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 Mawangdui Daoyin Shu Workshop Booking Form

First name: _____ Last name: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Email: _____

Tel: (____) _____ Mobile: _____

I am a (select one): \$150 Wulong Student \$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