

SEPT 13TH-16TH 2018

CHI KUNG WORKSHOP

SIMPLE MOVEMENTS & MEDITATION TO
PROMOTE INNER HEALTH & ENERGY



Date: 13th - 16th Sept 2018
4 day course, 2d or 3d also poss
Times : 10am to 5pm
Teacher Denise Hooker
Location: Terranora, NSW
4 Day \$600, 3D \$480, 2D \$330
See Facebook page for
Early Bird Discounts
E:info@craniohealth.com.au
FB: ChiKungForAll
Tel: 0439 450045

This workshop is focused on the Water Element which is associated with pelvic energy: 'Jing'. The chi kung moves free up and nourish energy in this region, supporting strength, and health in the lower back & gut, as well as increasing energy levels.

We will also cover Chi Kung moves that support the flow of the Water Element meridians : the Bladder and Kidney. These support whole spine mobility, and adrenal balance. So it will be a great workshop to learn easy ways to combat fatigue and feel the sense of free flow in your body.

At the end of the workshop we put together a video of the moves, so you can continue resourcing yourself at home :)

Look forward to seeing you there