



Kwan Sai-Hung, Taoist Monk.

Chi Kung and Meditation Class

An Introductory class with Kwan Sai-Hung

Pre registration and deposit required.

**Saturday - 10th January 2008 - 1:00 PM-3:00 PM
\$60.00**

A rare opportunity to meet with and learn from

Kwan Sai-Hung.

This class will cover the Five Animals of Hwa Tu (a Chinese Doctor from 220AD). This set is comprised of movements based on 5 animals. Each movement is simple to learn. The effects are achieved by repeating the movement a number of times. The exercises are designed to heal and strengthen the body.

Also Mr. Kwan will teach an internal meditation technique. This method uses madras, chakras and mantras to balance the body.

Class is limited. This workshop will be at the Waltja Center, 157 First Street, Troy, NY. Call Charle-Pan at 518-274-0360, or Richard at 607-286-9029

