

tai chi

FOR BALANCE

May 2016 Tai Chi for Balance Instructor Update Trainings with Suman Barkhas

Friday, May 20 6:00-8:00/9:00pm Update/Potluck/Retreat \$20

This is a chance to see Suman and work with him on the 8-forms, teaching variations, Qigong, meditation and whatever else he has to share. After the update we will have a potluck. Vegetarian please.

Saturday, May 21

9:00-11:00am Daoyin Yang Sheng Gong (Qigong for Energy) \$45(\$30 w/o DVD)

This Qigong exercise regulates breathing, controls thoughts, maintains health, improves the mind, produces clarity and promotes self-healing. This is an excellent form for promoting health, vitality, mindfulness, longevity and happiness. It is created by one of China's most famous Qigong Masters, Professor Zhang Guang De.

12:00-4:00pm Tai Chi 24 form training Part 1 \$75(\$60 w/o DVD)

Suman will go through 10 forms you do in each direction that prepare you for learning the full 24 form. These will be easy to incorporate into your classes. This class could be beneficial if you took the 24 form training but have never taught it to your classes.

**Sunday, May 22 10:00am-3:00pm Medical Qigong for the Digestive System
(Stomach Qigong) \$75(\$60 w/o DVD)**

This series was designed with specific emphasis on improving digestion. This form of Qigong is part of the system of Daoyin /Medical Health Qigong Series. Also created by Master Zhang Guang De.

Update **Qigong for Energy** **24 form Part 1** **Stomach Qigong**

Name: _____

Agency /Organization (if applicable): _____

Address: _____

City, State, Zip: _____

Phone number: _____ Cell: _____

E-mail: _____ (please print clearly)

Payment Options: Cash or Checks to Friendship Program, Inc, (Payment Due 1 week prior to training)

Please either: scan and email application to cci@taichiblance.org, fax to 402-393-7838 or mail to Friendship Program, Inc. Attn: Chris Cady-Jones, 7315 Maple St, Omaha, NE 68134

Questions? Call Chris @ 402-393-6911Ext 166

Applications due May 9, 2016!