



Tranquil Retreats

Relax & Re-energise...

SHAOLIN QIGONG

少林气功

The ShaoLin QiGong training will focus on the following:

Introduction to ShaoLin QiGong

- What is Qi?
- What are the three treasures (Tien, Di, Ren)?
- Why practise ShaoLin QiGong?

ShaoLin BaDuanJin – ShaoLin 8 Silk Brocades training

- Teaching & practice of the ShaoLin BaDuanJin (as taught in ShaoLin Temple)
- Stimulation of SanJiao (upper Jiao heart & lung function; middle Jiao spleen & stomach function; lower Jiao kidney & urinary bladder function)
- Stimulation of the flow of Qi throughout the ZangFu (organs: Heart, Liver, Spleen, Lungs, Kidneys, Pericardium, Small intestine, Gall Bladder, Stomach, Large Intestine, Urinary Bladder & SanJiao) & the JingLuo (acupuncture channels & collaterals).

As the ancient Chinese Proverb says,

"Qi is the commander of Blood, Where Qi goes the Blood must follow. Blood is the mother of Qi. Where Qi is, Blood is already there."

"The QiGong energy healing method has an unbroken clinical record of over 6000 years in Chinese Medicine. The vast population of China has used this healing method extensively in the past & continues to do so today. This ancient Chinese healing art is based on the premise that the "medicines" one takes are only 'stimuli' which on entering the blood stream trigger chemical reactions boosting the **WaiQi** defensive energy of our immune system. Subsequently the rate of metabolism increases many fold to counter & repair the illness or affliction which has unbalanced our **Ying Yang** life force. Eventually our bodies & minds can be stimulated until a 'healthy' balance has been regained.

How to stimulate & direct one's Qi energy to trigger the Master glands to release more hormones & to boost one's metabolism is therefore the main subject of ShaoLin Qi-Gong training."

Shi DeLon

PRIVATE & PERSONALISED TREATMENTS, TRAINING & GROUP PRACTICE AVAILABLE

www.tranquil-retreats.com

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