

The Ottawa Shambhala Meditation Centre presents

Daoist Qigong

with **Eva Wong**
and Sophie Leger



The Garden Room,
6th floor, at the Bruyère
43 Bruyère Street, Ottawa

With Sophie Leger

Level 1: Techniques of outer and inner qigong

Level 2: Nine self massage techniques and twelve devas tendon-changing system

October 24th & 25th, 2009

Fee: \$ 120.00

With Eva Wong

Level 3: Five Animals Calisthenics and tendon-changing Techniques
(Prerequisite: Level 2)

April 16th to 18th 2010

Fee: \$ 160.00

Advanced registration is required.
Pre-registrate for all 3 levels--\$250.
50% discount when repeating any of these levels

Daoist Qigong is an ancient Chinese practice of physical fitness to balance and retain youthfulness in the body. It cultivates strength of body and calmness of mind. Its gentle, rhythmic movements have been proven to reduce stress, build stamina, increase vitality, and enhance the immune system. Daoist qigong is a spiritual discipline that cultivates body and mind simultaneously.

Dr. Eva Wong is a lineage carrier in the Primordial Limitless Gate and Standing Qigong schools. She is author and translator of 13 books on the Daoist arts of health, meditation, and qigong. Sophie Leger has been authorized as an instructor by Eva Wong.

These first three of a nine level program series teach the fundamental qigong forms of the system and include talks on Daoist principles and masters. For the benefit of the participants, participation in both programs is recommended.

To register (space limited), visit:

<http://shambhalaottawa.ca/schedule/qigong/>

For more information email: qigong@shambhalaottawa.ca

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