



Natural Healing Exercise

Qi Gong

Every Saturday

Starting March 11



2 PM – 3 PM



Amazing Brentwood Mall

Wai Dan Gong

It is a self disciplinary exercise that relies on the circulation of a “Piori Chi” (Xian Tian Qi) over the whole body, thus strengthening human’s defends system. It can build up stamina, cure ailments and prolong life. It is in accord with the principle of natural healing. It’s easy to learn and beneficial for those who practice daily. It’s safe to practice and no side effect has ever been observed. This exercise fit senior’s and most elderly seniors.

The Qigong exercise is applicable to partial disable person and can be done sitting on the chair exercise, to those who cannot stand an hour of exercise).

Facilitated by
Arsenio Chua

Knowledge in Taichiquan (Yang, Chen, Wu, Mu, and Sun style) Tai Chi sword, Taichi Fan, Taichi Cane, Taichi Fochan and Push Hand



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kwikwəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

CARE

CONNECT

ENGAGE

BELONG

More info / Register:



604-294-5444



northinfo@burnabynh.ca