

Natural Healing Exercise-外丹功—Wai Dan Gong

Qi Gong



Every Saturday



2 PM – 3 PM



Amazing Brentwood Mall

Next to Purdy's Chocolate

Facilitated by

Arsenio

Wai Dan Gong

Is a self disciplinary exercise that relies on the circulation of a “Priori Chi” (Xian Tian Qi) over the whole body, thus strengthening the human’s defense system. It can build up stamina, cure ailments and prolong life. It is in accordance 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 effects have ever been observed. This exercise fits most seniors.

The Qi Gong exercise is applicable to persons with partial disabilities and can be done sitting on a chair for those who have difficulty standing while exercising.

**BNH MEMBERSHIP
REQUIRED
(\$5 Annual Fee)**

Community Program
Annual fee is **\$15**



More info / Register:

annr@burnabynh.ca



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.