

Moving Meditation

These workshops are for your benefit and so will be shaped and guided by group needs and harmonisation.

Unleash your inner potential into an outer realization of vibrant health, inner balance and confidence.

We are here to help you unleash your inner potential!

These workshops guide you through a powerful journey of exploration and actualization in all areas of your life:

Physical, emotional, mental and spiritual

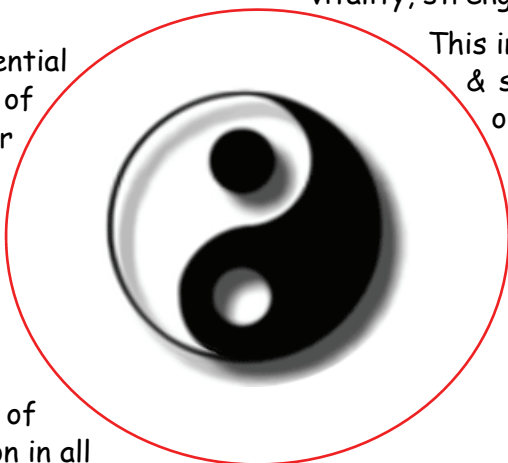
Creed or religion are not involved:

Your beliefs are your own and as such are honoured and respected

To achieve relaxation, vigour and freedom from illness you need to commit fully to the journey. When your learning integrates into your life you are on the path to mastery over your health.

Tai Chi invigorates your whole system

As your body moves in very particular ways tension drops away, muscle tone develops, and energy is freed for healing. Mental and emotional balance become natural



Harmony through centering as extremes are approached

This moving meditation enables vital energy (chi) to move along the meridian pathways to where it's most needed; restoring balance, vitality, strength and combating ill-health.

This internalisation is the foundation & strength of Tai Chi, it enables one to deal with situations both mental and physical from a position of calm strength.

We'll be looking at:

- ✓ Eastern philosophy
- ✓ Western methodologies
- ✓ Holistic training
- ✓ Experiential approaches
- ✓ Intuitive and scientific approaches
- ✓ Reflect to deepen our understanding
- ✓ Exercises & teamwork

To lead you into the fullness of health

Tai Chi and Chi Kung form the foundation. We'll deepen our awareness and understanding of movement using following disciplines:

- ✓ Pilates and yoga
- ✓ Alexander Technique
- ✓ Feldenkrais; and
- ✓ Body-building

These workshops are enjoyable and there is nobody to compete with! Indeed ...everyone helps each other, in a fun & friendly environment. You go at your own pace, as far as is comfortable ...there's no pressure to 'perform', you'll find only genuine care and help for your journey...

Moving Meditation

You are welcome to come along and try 3 sessions for only **\$25!**

Casual rates: \$25 per session

Membership rates:

\$85 for 1 month
\$210 for 3 months¹ (save \$180*)
\$350 for 6 months² (save \$320*)
\$600 for 12 months³ (save \$420*)

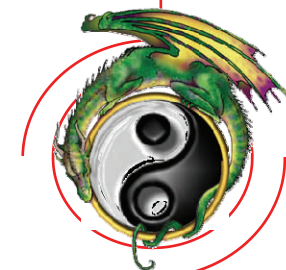
* saved off the annual fee with monthly payments

Healthcare or pension card holder discounts:

¹= \$10, ²= \$30, ³= \$50

Session Outline:

- 10 min preparation, flexibility and loosening
- 5 min Chi Kung meditation and opening up the meridians
- 20 min Teaching, activity, discovery or discussion
- 10 min Light refreshment break
- 25 min Tai Chi
- 10 min Chi Kung, meditation and directed energy
- 10 min Reflection



**Call 9279 9779
or 0411 536 733**

Get well now!

**WANT TO BE HEALTHIER
ENERGIZED & EMPOWERED?**



Join us on a journey of discovery, awareness, fitness and health in gentle steps to unlock the power of your inner-self.

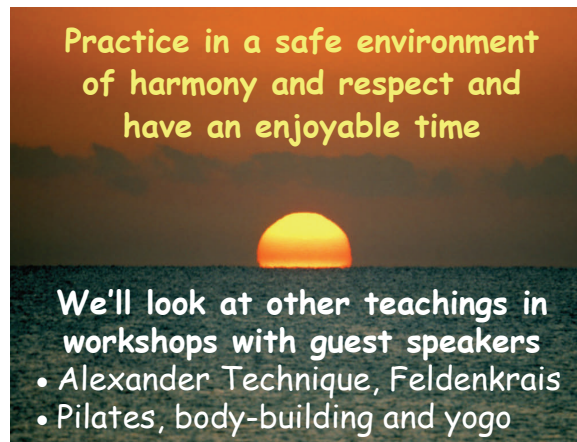
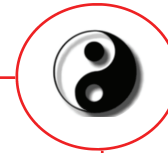
Release energy blockages
move and think more freely
know well-being and healing
in all aspects of your life

*Balance and integrate
mind, body and spirit*



How?

- We look to ancient wisdoms and teachings of T'ai Chi and Chi Kung.
- Facilitated development, active learning and close participation.
- Step-by-step training through a structured system.
- Combining knowledge of East and West.
- A fusion of holistic and experiential discovery.



This will enrich appreciation and understanding of mind and body in your journey towards health.

*Don't be victim to
stress and disorder ~
take control of your life!*

Moving Meditation Workshops for Inner-Peace



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