

THE INSTRUCTOR...

Sherry (S. J.) Yang was certified 10 years ago by the Chinese government as a Qigong and Tai Chi instructor. Since that time it has been her pleasure to share this wonderful healing art form with other people.



Sherry (S. J.) Yang
3836 Bloor Street West
Etobicoke, ON
M9B 1L1
Phone: (416) 207-1737
Fax: (416) 207-1781

Tai Chi Qigong

Directly from Mainland
CHINA



Professor Ming Pang

THE Program ...

Yang style Tai Chi combined with Zhineng Qigong ancient Chinese meditation

- ◆ **Tai Chi** is the Yang style with the 24 step sequence. The internals are generally taught after you have mastered the external moves. We teach the Lift Chi Up and Pour Chi Down method, the first practice level of Zhineng Qigong
- ◆ **Zhineng Qigong** was created by Professor Ming Pang, a gifted Qigong teacher with training in Chinese and Western medicine who had received tutelage in Qigong and Martial Arts from 19 Grandmasters since his early childhood
- ◆ **Professor Ming Pang** combined the ancient Chinese internal cultivation of Qigong as a healing art with modern science knowledge of the body and mind
- ◆ **Qigong** practice has been kept secret in China for over 5000 years, until now

THE Benefits ...

Practitioners learn and practice a series of movements and postures that increase vital energy and unblock the energy channels of the body to bring about a free flow of “chi”



- ◆ **Improve** physical fitness, enhance creativity, uplift emotion
- ◆ **Uncover** hidden potential

THE Classes ...

Join our classes now. Pay as you go classes are available for \$15 per session at the Mudokwan Taekwondo Canada school at 3836 Bloor Street West near the Kipling Subway station in Etobicoke each Saturday morning from 10:30 a.m. to 12 noon.

