



# HEART WAY Therapies

## Healing Qigong Workshop: Christchurch Saturday March 20<sup>th</sup> and Sunday March 21<sup>st</sup>, 2010

### Sheng Zhen Wuji Yuan Gong - Healing Qigong Part One – The First 10 Movements

The Sheng Zhen Healing Qigong form involves a series of thirty movements, contained in three distinct parts and performed seated on a chair. The focus of this form is the healing process. **Part One**, entitled 'The Gathering of Healing Qi', involves the first ten movements and teaches the practitioner how to gather healing qi (life force, prana, ke). Part One can be used as a practice on its own.

S.Z. Qigong involves gentle, coordinated, graceful meditative movements that naturally expand and condense the body, breath and energy. When these movements are combined they create a transformative sequence, similar to dance. This is referred to as a qigong form. **Sheng Zhen Wuji Yuan Gong** is a Qigong system of forms that **provides the practitioner with techniques to help achieve health, strength, happiness and contentment.** This is a tool for **general self care, a means to restore, clarify and balance your energy.**

#### Who can benefit from this workshop?

Anyone interested in improving, enhancing or maintaining their health can benefit from learning Sheng Zhen Healing Qigong. SZHQ is suitable for the senior citizen. The workshop venue has wheelchair access. This particular form of Qigong is highly recommended for those **working with people.**

**Schedule for this Workshop: Shirley Community Centre, Cnr Shirley Road and Slater Street, ChCh.**

**10am –1 pm and 2pm - 5pm Saturday and Sunday, March 20<sup>th</sup> and 21<sup>st</sup> 2010**

**What you need to bring:** Loose comfortable clothing, a packed lunch, (or Cafes/shops approx. 2 kms away), a bottle of water, a cushion and blanket. If you are not comfortable in a standard chair you may wish to bring a collapsible chair of a height and weight that allows you to sit securely on the edge of the seat and place your feet comfortably on the floor.

**Registration for this workshop is required.** Early registration is recommended due to limited places. You can assume we have reserved your place on receiving your registration and deposit unless contacted otherwise. Registration closes on 12th March. Please note there will be no partial enrolments for this workshop. **A certificate of completion will be issued at the end of the workshop.**

**Fee:** \$150.00. A deposit of \$50.00 is required with registration to secure your place. We would appreciate the inclusion of a \$100.00 post dated cheque to the 20<sup>th</sup> March 2010 with your registration. Payment can be made by Paypal deposit to [asanti@heartway.co.nz](mailto:asanti@heartway.co.nz), by bank deposit to Heart Way Trust: 12-3147-0257517-01. Cheques to be made out to Heart Way Therapies. Please ensure you include your name with payment. Please post your registration to: Heart Way Therapies, 1/36 Laing Crescent, Heathcote, Christchurch, 8022.

**Cancellation Policy:** Cancellation before March 12<sup>th</sup> will be refunded minus a \$25.00 administrative fee. Cancellation after March 12<sup>th</sup> will only be refunded if your place can be filled from the waitlist.

#### About the Instructor:

**Asanti Hart** is an internationally qualified teacher of the Sheng Zhen Wuji Yuan Gong style of Qigong. She offers counselling, integrative health, pratibha bodywork, pratibha yoga, tone sway and energy therapy. She has experience in teaching, research and management. More information about Asanti is available from the Heart Way Therapies website: [www.heartway.co.nz](http://www.heartway.co.nz)

**For more information about this workshop please contact:**

**Jude Bailey: 329-5716, 0274338068, [judebailey@netspeed.net.nz](mailto:judebailey@netspeed.net.nz) or**

**Asanti Hart: 384-6393, 021972693, [asanti@heartway.co.nz](mailto:asanti@heartway.co.nz) or visit: [www.heartway.co.nz](http://www.heartway.co.nz)**

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### Registration Form

**Name:**

**Address:**

**Phone:**

**Mobile:**

**Email:**

Please indicate if you have any physical injuries or health conditions that may affect your workshop participation. Feel free to attach a separate sheet. This information will be treated as confidential.

Check: \* Deposit Cheque of \$50. \* Post dated Cheque of \$100. \* I have paid by paypal  
\* Details of health conditions. I have paid by direct credit