



# Qigong



*Healing exercises strengthening body, mind & spirit  
taught by*

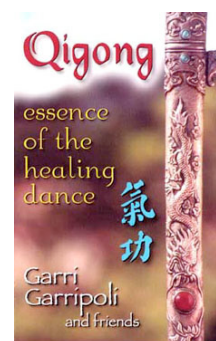
**Francesco Garri Garripoli**

*author of*

*“Qigong - Essence of the Healing Dance”  
and “Tao of the Ride”*

*Emmy Award Winner & TV producer of*

*“Qigong - Ancient Chinese Healing for the 21st Century”*



*Visiting Australia February – June 2009, Francesco will be conducting his  
"Qigong for Healing and Empowerment" classes in Sydney ranging from weekly Monday  
night 90-minute classes to in-depth, all day workshops . These unique opportunities are a great way  
to focus on the core fundamentals of Qigong, an ancient practice and powerful system from China  
for self-healing, stress management and personal awakening.*

***Location:* Awareness Institute, Suite 1 - 20 Clarke St, Crows Nest NSW**

***Dates:* Monday evenings 7:00 pm – 8:30 pm (6 April – 1 June)**

***Saturday 4 April 2009 – 10:00 am – 5:00 pm :***

*“Five Element/Emotion Translation Qigong” – Learn to create a  
customized Qigong workout for your unique needs*

***Sunday 26 April 2009 – 10:00 am – 5:00 pm :***

*“Zhang Fu Gong – Organ Cleansing and Strengthening Qigong” – an  
empowering and healing 8 minute practice*

***Sunday 31 May - 10:00 am – 5:00 pm :***

*“Wuji Hundun Qigong” and other powerful Taoist forms from China*

***Sunday 29 March - Daisy Lee's Radiant Lotus Qigong for Women***

We are privileged to have Francesco visit Sydney to impart with enthusiasm his wisdom with joyful and a sincere style, he will share practical instruction in Qigong in a way that goes beyond form and reaches to the essence of this wonderful healthcare practice. **A variety of exercise styles, mediations and breathing techniques** from the **award winning DVD series** he is featured on with Daisy Lee, will be taught, with the intent of deepening your innate sense of healing energy. If you are ready to affect positive change in your life, this approach may help you reach a clearer sense of how to bring the principles of Qi into everyday action for preventative healthcare and effective healing. **Practicing these unique and easy Qigong exercises aids in boosting the immune system, increasing energy, reducing stress, chronic fatigue, anxiety, depression** and a host of other dis-eases which impede the body due to blocked Qi flow. Visit [www.wujiproductions.com](http://www.wujiproductions.com) to learn more about Qigong's benefits.... and visit Francesco & Daisy's non-profit [www.kahunavalley.org](http://www.kahunavalley.org)

All-day workshops are AUD\$160 and Monday evening classes are AUD\$20 each (with package discounts available)... **Private healing & empowerment sessions with Francesco are available by appointment.**

**For more information or to reserve space for Francesco's limited engagements or to book private healing sessions, please contact: Louise von Sperl [lvs888@bigpond.net.au](mailto:lvs888@bigpond.net.au) or telephone 0412584630**