

9700 France Avenue S
Bloomington, MN 55431

Tel. (952) 487 - 8343

<http://normandale.augusoft.net>

Tai Chi Workshop with Fong Ha

Join Fong Ha as he shares his power, graciousness and insight with you. YiQuan is a form of physical and mental training which requires no special equipment or skills. This standing meditation will help to develop one's internal energy or Qi for enhancing your health, reducing stress, improving concentration, and increasing vitality. You may find more information in "Warriors of Stillness" of "The Tao of YiQuan" written by Jan Diepersloot, one of Master Fong Ha's students. You may also visit his website at: www.fongha.com.

Workshop topics may include:

- Yiquan
- Awareness training
- Two person sensitivity exercises
- Yang style T'ai Chi
- 8 pieces of brocade
- Yi Jin Jing
- Standing meditation
- Other types of Qigong

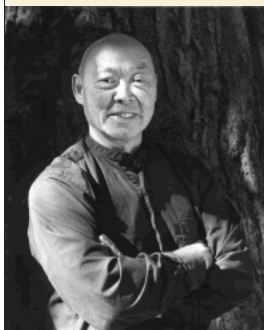
Entire Series - \$140 – 15.8 Contact Hours

Sat & Sun, 6/25/11 & 6/26/11 9:00am – 4:00pm RM: S2330

Single Day Session - \$85 – 7.8 Contact Hours

Class ID: 11493 Sat, 6/25/11 9:00am – 4:00pm RM: S2330

Class ID: 11494 Sun, 6/26/11 9:00am – 4:00pm RM: S2330



Fong Ha currently directs the Integral Chuan Institute in Berkeley California and has given numerous seminars throughout the world. Fong Ha is a master of Yang style Tai Chi having studied it since his youth with both Dong Yienjie and then Yang Shouzhong. He later studied YiQuan with Han Xingyuan and gained insights into QiQong with his friend Cai Songfang. You may find more information in "Warriors of visit his website at: www.fongha.com. Stillness" of "The Tao of YiQuan" written by Jan Diepersloot, one of Master Fong Ha's students.

**Register Online: <http://normandale.augusoft.net>
Or call 952-487-8343 for more information**

