

Healthy Spine

Chi Gong Workshop

18th September 2021
2pm to 4pm Sandford Cost: \$45

Discover the Keys to a Supple Healthy Spine

The spine plays a key role in a healthy body and a happy life. When there is pain and discomfort in the back, it drains our energy, creates agitation, and puts us in a bad mood.

The spine is a central column of energy and information that connects brain to body. In Chi Gong, the meridian (energy pathway) that runs through the spine is called the Governing Channel because of how it governs the functions of the body and mind. Working with the energy of the spine is fundamental to a healthy mind and body.

About the teacher: Marion Davis is a Chi Gong and Flow Yoga instructor and has been training with Master Zhen Hua Yang in his Calligraphy Health System. Marion continues to train with other Masters, especially training in the Nei Gong system (internal arts). Marion has been teaching Chi Gong since 2012 and moved to Hobart at the end of 2020, where she offers Chi Gong training.



More info and booking (booking is essential):

Marion 0415 422 321

www.chigongflowyoga.com.au