



A WEEK OF QI GONG (CHI KUNG) IN AMSTERDAM



COURSE RUNS ON DONATIONS - DONATIONS NEEDED.

WHAT IS CHI KUNG?

Chi Kung is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Chi Kung practices can be classified as martial, medical, or spiritual. All styles have three things in common: they all involve a posture, (whether moving or stationary), breathing techniques, and mental focus. Practices vary from the soft internal styles such as Tai Chi; to the external, vigorous styles such as Kung Fu. Like any other system of health care, Chi Kung is not a panacea, but it is certainly a highly effective health care practice. Chi Kung and related disciplines are associated with the martial arts and meditation routines trained by Taoist and Buddhist monks, professional martial artists and their students. The gentle, rhythmic movements of Chi Kung reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. Those who maintain a consistent practice of Chi Kung find that it helps speed recovery from illness. Since Chi Kung can be practiced anywhere or at any time, there is no need to buy special clothing or to join a health club. Chi Kung's great appeal is that everyone can benefit, regardless of ability, age or life circumstances.

PLEASE WRITE US IF YOU WANNA PARTICIPATE AND IN CASE OF QUESTIONS:
medical_action@squat.net

INFO ABOUT THE TEACHER

"Doc" Rosen, OMD (China), Fellow of the National Academy of Acupuncture and Oriental Medicine, Senior Master of Loong Kuen Pai Kung Fu has been studying Chi Kung, Martial Arts and Traditional Chinese Medicine for more than 50 years. He apprenticed with Dr. Joseph Ari Greenstein, and Sifu Chen Sam Choy. Dr Rosen is master practitioner of Medical Chi Kung, Acupuncture, Herbalism, and Tieh Tah Medicine, and has explored other aspects of energy work with Medicine Men; Black Elk, Eagle Feather, Lame Deer, Henry Crow Dog, and Chief Leonard Crow Dog. Sifu Rosen has been teaching Chi Gung and Kung Fu in the USA, and Europe for more than 44years.

MONDAY 19TH OF JUNE 10:00 - 13:00 RAPENBURG (EX SCHOOL)
TUESDAY 20TH OF JUNE 10:00 - 13:00 RAPENBURG (EX SCHOOL)
WEDNESDAY 21ST OF JUNE 10:00 - 13:00 DAMRAK 16
THURSDAY 22ND OF JUNE 10:00 - 13:00 DAMRAK 16
FRIDAY 23RD OF JUNE 10:00 - 13:00 RAPENBURG (EX SCHOOL)
SATURDAY 24TH OF JUNE 10:00 - 13:00 DAMRAK 16
SUNDAY 25TH OF JUNE 10:00 - 13:00 RAPENBURG (EX SCHOOL)

MONDAY 19TH OF JUNE - SUNDAY 26TH OF JUNE