



WORLD HEALTH QIGONG DAY

世界健身气功日

The 1st World Health Qigong Day

Sunday 10am 13 Aug 2017 Sydney Australia

Host: International Health Qigong Federation
Co-Host: **Organiser:** Tai Chi Fitness Australia
Supporters: China Culture Centre
Tai Chi Qigong Association Australia
Chinese Medicine & Acupuncture Society of Australia
Main supporter: Australia China Entrepreneurs Club
Media Support: ABC Imedia



Experience the historical moment: **1st World Health Qigong day** will start with – **Mr Wang Fei** from **International Health Qigong Federation**, announcing the 1st World Health Qigong Day opening in Sydney at Redfern Townhall.

The motto is: “Let me teach you Health Qigong.”

“**Let me teach you health qigong**” delivers the message for the Care of life, Free from stress and sickness by establishing a harmony balance healthy life style for **prevention**. Chinese Medicine Book (黄帝内经) says: Melting with universe together, true energy charges in, spirit is in defence, no diseases come in.

Prevention: Health Qigong as the **essence of Chinese Culture** has been inherited as super medicine for prevention diseases over 5000 years. Practise Health Qigong follows nature journey “

道 “ (tao), aligning with universe breathing with human’s to achieve mind, body and spirit harmony balance for wellbeing.

Be a [Health Qigong Instructor](#) “a super doctor” treat future diseases: Doctors treat diseases, “**Let me teach you Health Qigong**” training more health qigong instructors, “super doctors” for prevention diseases. There were many famous Super Chinese Medicine Doctors: such as Dr Hua Tuo created Qigong “5 Animals”, Dr Sun Simiao – “6 Secret Words”, countless anonymous super doctors such as 8 & 12 piece of brocades which had been practising from Song dynasty, “Mawangdui leading chi” over thousands of years. Let us carry it forwards, let more people enjoy harmony balance without stress, but happy living!

Pass the “torch”: “**Let me teach you Health Qigong**” to you, your loved ones, family, community, the world: Free from pain, stress, sickness, medicine and pollution, **Save planet in green.**

On The 1st World Health Qigong Day: The “torch” will be lightening from Beijing to New York, from the East hemisphere to the West hemisphere, constituting a picture in which the oriental and occidental cultures reflect and shine and sharing with all nationalities. The health Qigong from China, belongs to the world.

The World Health Qigong Day Continuous: on the second Sunday of August every year.

The 1st World Health Qigong Day Program:

Opening ceremony (Booking essential with organisations and Health Qigong performers)

Place:	Redfern Town Hall
Registration:	9:30am -10:00am, later arriving is not accepted.
Opening Ceremony:	10am Mr Wang Fei announces the <i><u>1st World Health Qigong Day start</u></i>
Health Qigong:	Demonstration and lead by Professor Xiao Lei Liu
Costume:	Formal, performers : white colour Tai Chi uniform

Demonstration and photos

Place:	Meet at Bradfield Plaza, Milsons Point
Registration:	1:30pm -2:00pm, later arriving is not accepted.
Event time:	2:00pm – 4:00pm
Costume:	Casual or white colour of Tai Chi Uniform
Attendee:	Invited Guest, health qigong performers
Entry:	<u>Free</u>
Condition apply:	Booking essential

Pre-Training for performers

Saturday 5th August 2017 | 9am – 5pm

Venue: [Redfern Town Hall, 73 Pitt Street, Redfern NSW 2016](#)

Program: Ba Duan Jin (8 Pieces of Silk)

Sunday 6th August 2017 | 9am - 4pm

Venue: [Redfern Town Hall, 73 Pitt Street, Redfern NSW 2016](#)

Program: Ba Duan Jin (8 Pieces of Silk)

功法教学: 12 导引养生法 (导引养生 12 法)

Certified Health Qigong Duan [Duan Assessment by IHQF 4-5pm:](#)

Friday 11th August 2017 | 11.30-1.30pm

China Culture Centre, [151 Castlereagh St Sydney 2000](#)

Program: Dao Yin Yang Sheng Shi Er Fa (12 Methods of Healing Chi)

Saturday 12th August 2017 | 9am - 5pm

Venue: [Redfern Town Hall, 73 Pitt Street, Redfern NSW 2016](#)

Program: Liu Zi Jue (Six Healing Sounds)

Who will be the trainer?



Meet **Professor Dr. Liu XiaoLei** from Beijing Sport University.

Professor Liu XiaoLei is a Sports and Health expert and PhD Professor from Beijing Sport University. She is a World Martial Arts Champion and World Champion of Health Qigong, and also the Coach for the Chinese Qigong National Team, qualified Duan Wei Seven under the International Duan Wei (Grading) System for Health Qigong.

Enrol or Partner click the registration to secure your position

Pre-Training and rehearsal Registration:

Please contact: 0406 953 388, info@taichi365.com.au, www.taichi365.com.au



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澳大利亚中医学会
CHINESE MEDICINE &
ACUPUNCTURE SOCIETY
OF AUSTRALIA LTD



澳中企业家俱乐部
AUSTRALIA CHINA ENTREPRENEURS CLUB



PKUAASA
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