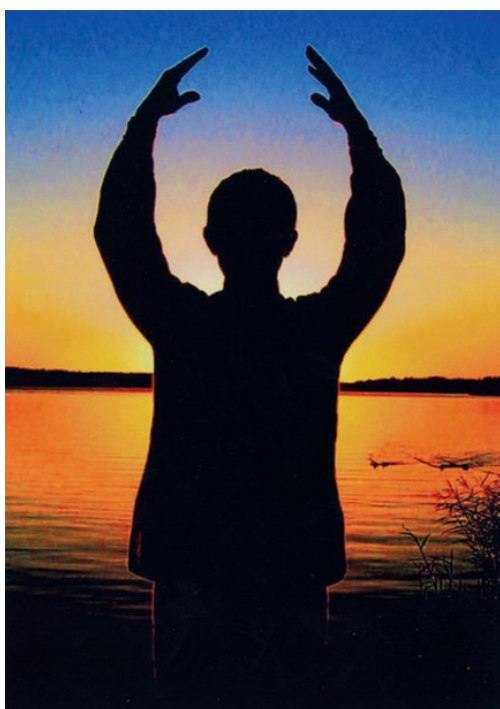


ENERGISE YOUR LIFE



Discover the power within you

The course covers

- ◆ Five element theory
- ◆ Yin and Yang
- ◆ Diurnal cycle
- ◆ TCM approach
- ◆ Martial arts approach
- ◆ Ayurvedic approach
- ◆ Energetic body typing
- ◆ Fast Qi development

This course is conducted by martial artist and Yoga teacher Allan Wilton. Allan has an extensive background in Qi based martial arts and Yoga. He will share with you an understanding of how we function as an energetic being, and how to train this aspect. Learn how to get the most out of your practise whether you do tai chi, qigong, yoga or martial arts, or if you just want to enhance your life.

Next course 11th and 18th May 2014 at Haven Yoga

9-00am to 4-30 pm both days

Bookings essential

Seminar cost \$250

Call Allan on 6428 3569 or 0409 516 290