

QIGONG

Coming to Haven Yoga



**An eight week course in martial arts based qigong.
Learn three qigong forms which are known as the
“mother of martial arts” to develop and focus your
energy to amazing levels.**

**Taught by Ryukyu Kempo Black belt and Yoga teacher
Allan Wilton**

**Take this opportunity to learn the secrets used by martial
artists to develop phenomenal power and strength**

Wednesday 6-00pm to 7-00pm from May 7

At Haven Yoga

By booking only \$95 per person

Call Allan on 6428 3569 or 0409 516 290