



Health Preservation Association

Grandmaster Jiang Jianye is proud to present

- *Tai Chi for Neck & Back Pain*
- *QiGong for Healing*



*taught by Certified HPA Instructor:
Shifu Jonathan B. Walker, Ph.D.
QiSsage Body Systems, LLC*

This 1-Day Autumn Workshop will teach you:

Simple Tai Chi forms with meridians of the human body to help strengthen, prevent, and relieve common pain and discomfort of the neck and back.

Simple and easy QiGong forms with meridians of the human body to help cultivate, strengthen and promote healing to the body.

Information on human meridians and Yin Yang energy based on research with Chinese grandmasters and research from Chinese medical doctors.

Who should attend this workshop? **Everyone!**

Certainly anyone who has neck and/or back pain, but it is not restricted to those people. Anyone who has stress or common aches and pains should attend. If you want to maintain good posture and a healthy back to gain all the benefits of a stronger core muscle group, this will help achieve that not to mention improving your balance, centering and root. Strengthening the neck and back also improves your overall health.

Healing QiGong will provide you with methods for good health maintenance and prevention.

For information and registration, call: Shifu Walker (609) 518-9399 or email to: yangqichen@aol.com