

Wild Goose Qigong 2 Day Course

Saturday Sept. 10, 2011 and Saturday Sept. 17, 2011

9:00 a.m. til 4:30 p.m.

- This course will instruct the part 1 or part 2 **form** of this Qigong system and **includes energy and acupressure theory**. This is a complete Qigong system and safe for anyone to practice. (Part 2 requires having taken part 1)
- The course requires a total of **10-12 hours of training**, and includes **handout material and DVD** to go with the physical training. The first 64 movements are used for purging bad energy and collecting and storing new energy.
- Grandmaster Steve Cooper, a certified instructor and acupuncturist, learned the form from **Master Shane Lear**, who learned the form directly from the 28th generation lineage holder Master Chen Chuan Gang in Wuhan, China.
- Do not miss your chance to learn this life changing form. Martial artists, massage therapists, or **anyone whose occupation is stressful and energy sapping will benefit greatly**.

Hosted by Cooper Karate and Jujutsu Center

Cost for both days is \$130 (Includes video)

If this is a repeat course, cost is \$85. To register

Call 615-975-7733. Space is limited!

What did other people say?

"I came to class with a headache but after performing the Wild Goose form the headache released. I was amazed that this would happen doing this form since I was not expecting it to happen."

Becky S.

"This form is excellent for stress relief. I find that when I am stressed now, that I do the form and it helps to release the tension from the day. Sometimes I do it on my lunch break from work to help release the stress and tension from my job."

Kate P.

"I have never slept better than I have since I started the Wild Goose Qigong form. 8 hours of sleep is now not a luxury as it used to be. Thank you Shane for bringing this form back to the states." Doug S.