



Joint Opening and Loosening Exercises

Simple Daily Qigong and Basic Exercises for T'ai Chi Ch'uan or any Martial Art, with Brian C. Allen, MSTOM, L. Ac.

Workshop

Saturday

June 28, 2014

10 am - 1 pm

Only \$65

(price includes instructional DVD)



Location:

Oriental Medicine & Health Services

1201 Philadelphia Pike, Suite D

Wilmington, DE 19809

Call 302-792-2831 for details

MUST BE REGISTERED AND PAID BY

Thursday, June 19, 2014 (space is limited)

- ☯ Learn how to take pressure off all of your major joints!
- ☯ Discover a new freedom of movement! Have more energy!
- ☯ Incorporate this into your daily activities, and be more efficient!

The Workshop material is comprised of 2 main parts:

1. Details of the Set - You will be given detailed instruction of each movement in the set of exercises.
2. Testing the Set - Participants will pair up with one another and learn how to pressure test each of the movements. Pressure testing the movements helps ensure that they are being done correctly.