

Natural Healing & A Spiritual Way of Life

The Spiritual side of Gung-Fu and Tai Chi
Based on the “Tibetan Daoist” way
(not a Philosophy or Religion, Just a way of life)

- Do your Energy levels need a boost?
 - Do you want to reduce stress?
 - Do you want to improve your mental and physical health?
 - Do you want to increase your flexibility?
 - Are you out of balance, not centered?
- (If any of these apply, this is the program for you)

With the practice of 5 Chi-Gung movements,
experience Chi Energy movement within your Heart,
Liver, Lungs, Spleen, and Kidneys.

Saturday, November 12th
9:30 am - 12:00 pm
\$20 - Single \$35 - Couple
at Byrncliff Resort
2357 Humphrey Rd.
Varysburg, N.Y.



For questions call Red Sarber 716-378-4864