

QIGONG (CHI-KUNG)

Qigong (energy work) involves special still and moving exercises which regulate the breath, body, mind and Qi ('bio-electrical energy'). Qigong is designed to feel, and circulate Qi. It stimulates the body's energy pathways and acupuncture points, to strengthen the internal organs,. Improves the functioning and healing of the internal organs.

WORKSHOP COVERS:

- Theories; Concepts; Rules
- Breathing and Chi Flow
- Relaxation
- Meditation & Movement

QIGONG & TAI CHI



INTRODUCTION TO QIGONG & TAIJIQUAN (TAI CHI)

Saturday October 31, 2009

9:00 a.m. to 12:00 p.m. at **The Barbados Museum**

\$175.00 Admission

436-2668/ 243-0125 (mobile) annuinstitute@hotmail.com

TAIJIQUAN (TAI CHI)

Taiji is a moving meditative self defense exercise. Our Therapeutic Taiji programme works the muscles, increase balance, posture, range of motion, co-ordination, maintain bone density, blood and Qi circulation. It relax the body, calms the mind, invigorates the qi channels and the main qi vessels. This flow of chi elongates life span. - Helps focus

WORKSHOP COVERS:

- Theories and Concepts
- Stances & Footwork
- 2 Person Pushing hands
- Health & Martial Arts

YOGA

Yoga, exercises develops mind / body union. Our integral and comprehensive exercises consist of gentle postures (asanas) for mental and physical relaxation and conditioning. These postures promote gentle flexibility, strengthening of the legs, good balance and proper distribution of vital energy.

YOGA



INTRODUCTION TO YOGA

Sunday November 1, 2009

9:00 a.m. to 12 :00 p.m. at **The Barbados Museum**

\$175.00 Admission

436-2668/ 243-0125 (mobile) annuinstitute@hotmail.com

WORKSHOP COVERS:

- Theories and Concepts
- Chakras and Energy
- States of consciousness
- Paths of Yoga
- Breathing & Meditation
- Physical postures (Asanas)

(NOTE: Please Bring your mat !)

VING TSUN (WING CHUN) KUNG FU

Ving Tsun, is an exercise / self defense system that strengthens the body and mind. It is simple and effective because it does **not** rely on acrobatic ability or brute strength. The legendary Bruce Lee, promoted the famous Ving Tsun 'sticking' techniques.

His teacher was the great Ip Man.

IP MAN VING TSUN



INTRODUCTION TO (IP MAN) VING TSUN KING FU

Sunday November 1, 2009

1:00 p.m. to 3 :00 p.m. at **The Barbados Museum**

\$175.00 Admission

436-2668/ 243-0125 (mobile) annuinstitute@hotmail.com

WORKSHOP COVERS:

- Theories & Concepts
- Stances & Footwork
- Basic Drills
- 2 Person Sticking Hands
- Self Defense