

TAOIST LIGHT QIGONG



FOUNDATION YOGA & WELLNESS
140 Lomas Sante Fe, Suite 100
Solana Beach, CA 92075

March 31-April 1, 2018 Saturday & Sunday
1pm - 4pm \$200 registration fee
includes training guide

ABOUT CHIYAN WANG



Chiyang Wang is the lineage holder of Taoist Light Qigong, from a family tradition of healers, with 35 years teaching and healing experience. Taoist Light Qigong, a 3,000 year old practice, has been passed through Masters in Lou Guan Taoist Temple in Xi'an, China going all the way back to Lao Tzu, the founder of Taoism and author of Tao Te Ching.

TO REGISTER EMAIL

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CALL/TEXT FOR MORE INFO

(805) 699-6688

**An authentic practice to
benefit one's lifetime!**

Taoist Light Qigong will help you to connect with the Tao (The Way) for deeper self-healing and higher cultivation.

- Release stress and tension, plus increase energy and stamina.
- Improve the immunity; heal your physical body quickly and effectively.
- increase sleep quality, memory, concentration, and mental clarity.
- Heal emotional imbalance and regain inner peace and happiness.
- Connect with your true being, be one with nature and universe.