



Bridging Mind, Body & Spirit through Breath

A workshop with 34th Generation Shaolin Master Guolin

Thursday, January 12, 2012

7:00pm - 9:00pm

\$40

Unity of Mind & Body: To reach highest human potential, you must train internal and external together!

- Improve confidence, stamina and explosive power.
- Reduce anxiety and stay focused.
- Improve health, recover from injury and illness faster

Internal Training

Master Guolin will share the powerful breathing exercises he learned from his grandfather and as a disciple at the Shaolin Temple. You will learn to harness your Qi ("Chee") and be able to generate power and spirit. **Qi is the soul of a human being's movement.** Making your self internally strong will help you prevent injury and the aging effects of physical exercise.



External Training

The drills you learn here will teach you the importance of observing **Yin Yang** principles. Yin Yang is the relationship between opposing yet complimentary characteristics and applies to everything in the universe as well as human movement. Whether you are punching, kicking or jumping, every part of the body has a function. Maximum strength, speed, smoothness and efficiency will be a natural outcome from this understanding.

Who?

- **Open to all skill & experience levels**
- **Dancers, athletes, martial artists take your performance to the next level!**

Where?

Spring Street Chiropractic • 21 Spring Street (Mott and Elizabeth)

To Register please call or email:

(646) 481-4595 • info@shaolinnyc.com ****Space is limited!**

