

# CHI KUNG

## FREE EXERCISE CLASS

Chi kung refers to a wide variety of traditional practices that involve methods of accumulating, circulating, and working with chi, breathing or energy within the body.

Chi kung is practiced for health maintenance, as a therapeutic intervention, as a medical profession, a spiritual path and component of Chinese martial arts.

The Chi in Chi Kung means air, and by extension, life force, dynamic energy or even cosmic breath. Kung means work applied to a discipline or the resultant level of skill, so Chi Kung is thus breath work or energy work.



When: Wednesdays, 1.00 - 2.00pm (during school term)

Where: Minnowarra House, 24 Numulgi St, Armadale

Cost: FREE