

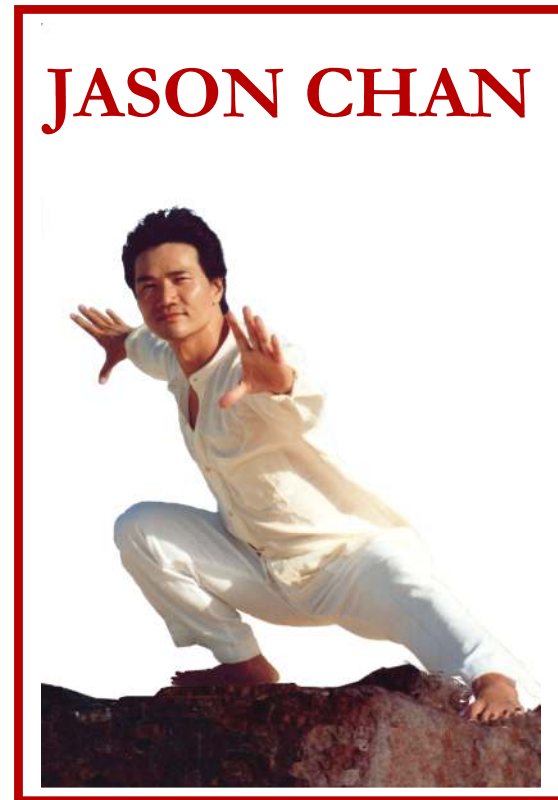


Empower Yourself with Infinite Chi Kung & Tai Chi

Jason Chan is a renowned spiritual teacher and creator of Infinite Chi Kung and Tai Chi, Infinite chi Yoga, Ling Chi Healing and the Radiant Warrior Programme. Jason currently runs teacher training courses and personal development courses in Ireland and the UK and spiritual retreats in the UK, Europe and Thailand. He is author of *Seven Principles for Radiant Living* and his newly released book, *The Radiant Warrior* (Hay House)

Jason trained in martial arts in Hong Kong where he was born and brought up. He has been teaching Tai Chi, Chi Kung and meditation for over 20 years is a Master of energy and energetic healing. During this time Jason has inspired and uplifted thousands of people through his enlightening teaching and presence.

Through his own deep understanding of energy work and spiritual meditation, Jason has passed on the benefits of vitality, natural health, inner-strength and spiritual awakening to so many individuals! His ultimate goal is to assist and inspire spiritual seekers along the eternal pathway towards oneness with Life itself - The Tao.



28 November 9 am – 4 pm
29 November 9 am – 3 pm
Biskops Arnö, Sweden

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Light

FOUNDATION

12 Westbourne Grove, Manchester M20 1JA UK

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For a transforming and uplifting weekend, join the internationally renowned Chi Kung, Tai Chi Master and spiritual teacher, Jason Chan.

Infinite Chi Kung and Tai Chi has been practised in China for thousands of years as an internal healing art. The deep internal breathing exercises and body movements of Infinite Chi Kung and Tai Chi will assist you to recapture the universal essence or 'CHI' life force. They are powerful tools for balancing and revitalising the physical body, strengthening the mind and building an unshakable foundation for your spiritual unfoldment and growth.

On this workshop you will:

- Experience for yourself the healing power of Infinite Chi Kung and Tai Chi
- Be inspired to transform your life and fulfil your potential
- Learn how you can become a radiant presence in the world
- Awake to the true purpose of your life

Cost: £150 / 1.800 SEK or 195 Euro per person

To book please contact

Bodymindconcepts Tina Hedrén
+46 18 46 30 04

Booking deadline: November 20th

Please wear comfortable clothing for gentle exercise and bring a yoga mat, and a wrap and cushion for meditation.



Focus



Peace and Stillness



Inner Strength