

Medical

with
Paul Fraser LicAc, MAc

Qi Gong program

FREE INTRODUCTORY LECTURE

FEB. 24th 7:30PM
EQUILIBRIUM YOGA
4812 St-Laurent Blvd.

about Qi Gong

Qi Gong is one of the oldest continuously practiced healing systems in the world and is very effective at restoring health. This tradition is based on an understanding of the cyclical flow of vital energy. The Chinese call this energy Qi, and have mapped its flow through our bodies along specific pathways called meridians. When our Qi is full and flowing, we experience health. When our Qi is congested or out-of-balance, illness and pain can occur. The physical and emotional symptoms we experience are signals that we need to take action to restore balance and achieve optimal health.

Paul Fraser MAc, LicAc

When faced with a life threatening illness in 1987, Paul began studying Qi Gong with Master Tom Tam of Boston, Massachusetts. Inspired by Qi Gong's quick restoration of his health, Paul began studying Qi Gong and continues to study and teach with Master Tam, to this day. Paul traveled to both mainland China and Taiwan to study the Shao Lin systems of Qi Gong and the Chinese medical application of Qi Gong energy, from Master Tam's teachers. Paul has also completed teacher training with world renowned Qi Gong Master Ou Wen Wei in 2001, and co-authored a published work with Master Ou on "Qi Gong in the treatment of rare genetic disorders in children." Paul received his Master's in Acupuncture from the Academy for Five Element Acupuncture, located in Gainesville, Florida and is the former director of their Medical Qi Gong Program.

the program

This course is designed to offer several techniques for the personal cultivation of Qi energy, which empowers the student to improve their own health and well-being. As well, students will learn numerous therapeutic techniques that can be used to help others in the treatment of acute and chronic pain, internal disease, and emotional disorders. The program draws on ancient Chinese Taoist techniques, modern experimental research in the fields of Qi Gong and Acupuncture, as well as insights provided by modern Western Medicine and Physics. This course is ideal for anyone interested in enjoying better health, learning to help others to improve their health, or to deepen an existing therapeutic practice.

This course is open to everyone.

25 - 27 February

25 - 27 March

15 - 17 April

13 - 15 May

17 - 19 June

22 - 24 July

Fridays	4 - 6 pm
Saturday	10 - 6 pm
Sunday	

Cost : \$2400 (\$400 per weekend)

for more info contact:
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