

# Wild Goose Qigong 8 week Course

August 7th, 2010 through September 25th, 2010

Saturdays 9:30 a.m. til 11:00 a.m.

- This course will instruct the first **64 step form** of this Qigong system and **includes energy and acupressure theory**. This is a complete Qigong system and safe for anyone to practice.
- The course requires a total of **10-12 hours of training**, and includes **handout material and DVD** to go with the physical training. The first 64 movements are used for purging bad energy and collecting and storing new energy.
- Grandmaster Steve Cooper, a certified instructor and acupuncturist, learned the form from **Master Shane Lear**, who learned the form directly from the 28th generation lineage holder Master Chen Chuan Gang in Wuhan, China.
- Do not miss your chance to learn this life changing form. Martial artists, massage therapists, or **anyone whose occupation is stressful and energy sapping will benefit greatly**.

***Hosted by Cooper Karate and Jujutsu Center  
2814 Lebanon Pike in Donelson, TN***

***Cost for 8 weeks is \$130 and includes a booklet and video of the form.***

***Call 615-975-7733 to register while space is still available***

What did other people say?

"I came to class with a headache but after performing the Wild Goose form the headache released. I was amazed that this would happen doing this form since I was not expecting it to happen."

Becky S.

"This form is excellent for stress relief. I find that when I am stressed now, that I do the form and it helps to release the tension from the day. Sometimes I do it on my lunch break from work to help release the stress and tension from my job."

Kate P.

"I have never slept better than I have since I started the Wild Goose Qigong form. 8 hours of sleep is now not a luxury as it used to be. Thank you Shane for bringing this form back to the states." Doug S.

"I have noticed a reduction in my weight since doing the form which is amazing considering it is so soft. Also the relief of stress is a wonderful change of pace. Excellent all the way around."

Tony J.