



Philip Lai Qi Gong Association

## February Newsletter 2016

My dear Qi Gong friends:

**Year of the Monkey Celebration.** The year of the Monkey in Chinese Astrology begins on February 8. The Monkey is a smart, naughty, wily and vigilant animal. He is governed by the elements of Metal and Water. Water is associated with wisdom and danger, so financial affairs will have to be closely watched this year. You need to outsmart the Monkey to get a good return on your money. Metal is associated with the Wind, so events may change quickly. Be careful when making changes in your finances, career, business and personal relationships.

On **Saturday, February 6, we will celebrate the Year of the Monkey during the Level one class at McNabb from 9:45 to 10:15am.** We will talk about how to improve your health and energy in this New Year and **provide detailed horoscopes according to your birth signs.** Bring your friends and family (age above 16), try some Qi Gong and learn your fortune.

**Tips for Good Health in Winter.** In winter the Water element is most important and the body organ associated with Water is the Kidney. We have to strengthen the Kidney to maintain our health in winter. Eat a proper diet, get sufficient rest and avoid overwork to preserve Kidney Qi. The practice of Qi Gong, especially the **Five Elements Palm exercises**, can reduce the consumption of Kidney Qi. I teach these exercises every Saturday morning at McNabb.

Dizziness, dry mouth and throat, low back ache, fast pulse and red tongue indicate **Kidney yin deficiency.** Foods to improve Kidney Yin are: tofu, beans, millet, barley, wheat germ, melons, water chestnut, blueberries, potatoes, egg and cheese.

**Kidney Yang deficiency** is indicated by aversion to cold, cold hands and feet, pale skin, weakness in the knees and lower back, frequent urination, edema and enlarged pale tongue. Foods to improve Kidney Yang are: cloves, fennel seed, black pepper, dried ginger, cinnamon, walnuts, garlic, onion, quinoa, chicken, lamb and salmon.

Symptoms of **Kidney Qi deficiency** are: low back pain, knee weakness, pale tongue, weak pulse,

frequent urination and urinary incontinence. Foods to improve Kidney Qi are: parsley, wheat berry, rice, rose hip and raspberry and blackberry leaves.

**Bridge Qi Gong Course.** I plan to teach an 8 week (on Saturday) Bridge Qi Gong course starting Jan. 23 from 10:30 to 11:30 am. at McNabb Community Centre, 180, Percy Street, Ottawa. Cost will be \$120. **Please e-mail me to register.** This powerful set of movements connects the yin and yang energy to create a state of harmony. The moves can be done slowly like a meditation or forcefully like a martial art similar to Kung Fu. I only teach this form every few years so don't miss this opportunity.

**Finally I would like to invite you to join our drop-in Saturday class at McNabb Community Centre** to practice advanced level Qi Gong (from 8:30 to 9:10 am) and Level one Qi Gong (from 9:15 to 10:15 am). See more details at: [www.philiplaiqigong.ca](http://www.philiplaiqigong.ca)

If you would like to be on our mailing list, please let me know. Please contact me if you have any questions. My email is: [philip.lai@rogers.com](mailto:philip.lai@rogers.com)

Thanks,

*Philip Lai, CPA, CMA*

President of Philip Lai Qi Gong Association  
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