



Philip Lai Qi Gong Association

January 2016 Newsletter

My dear Qi Gong friends

Why I Teach Qi Gong You may be curious about why I spend so much time giving Qi Gong classes and teaching my Holistic Health Care System. I am driven to be a teacher, coach, philosopher, compassionate person (vegetarian for 26 years) and healer of physical, mental and spiritual complaints. In Hong Kong, when I was young, I worked for several years doing youth counselling and leadership training in my community. I found that helping people is the best way for me to attain a happy, wealthy and healthy life.

Despite all of the recent turmoil and disasters, it would be helpful for us to slow down and consider what we can do to make a better world for ourselves and others. We can give what we can to help those in need of material things such as food and shelter. We can also promote ways to cultivate real health and inner happiness. This will improve world peace and make a better life for us all.

I would like to train people to be healers of themselves and others. I also need people to help with the managerial, administrative, promotional and organizational jobs that will allow our Association to grow and better serve the community. I am looking for people like you - with the time, skill, passion, and loyalty - who can work together to make a better world. Let me know if you can help.

Year-end Celebration Lunch We will have our holiday season lunch on Sat. Dec. 12 at 11:30 am at the Table restaurant, 1230 Wellington St. Let me know if you wish to attend. We will also have social time with light refreshments from 9:50 to 10:15 am at McNabb Community Centre after the Level One class on that day. All are welcome.

Bridge Qi Gong Course I will be giving a 13 week Bridge Qi Gong course starting Jan. 16 from 10:30 to 11:30 am at Plant Recreation Centre, 930 Somerset St. W. (at Preston). The cost is \$125. Call 613-232-3000 to register for course # 998475. Take advantage of the opportunity to learn this

powerful exercise which links the yin and yang.

Be sure to e-mail me if you register so that I can make other arrangements if there are not enough people for the Plant Recreation Centre to offer this course.

Energy Healing Level 1 Course I will be giving a course on how to heal yourselves and others. It will cover the Conception and Governing Vessels and the energy points (chakras) along these vessels. I will show you how to open the energy points and how to cultivate and manipulate energy to heal yourself and treat family and friends.

When: Saturday Jan 9, 16, 23, 30, Feb 6 and 13 from 12:30 to 1:30 pm

Where: 33 Strathbury St., Ottawa

Cost: \$120 if paid by Sat. Dec. 12; \$150 if paid by Dec. 19; and \$200 if paid after Dec. 19

Drop-in classes Finally I would like to invite you to join our drop-in Saturday classes at McNabb Community Centre to practice advanced Qi Gong from 8:30 to 9:10 am and Level One Qi Gong from 9:15 to 10:15 am. The cost is \$10.

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President of Philip Lai Qi Gong Association

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