

Intro Workshop in Qigong (Chi Gong) for People with Autism and Asperger syndrome



The purpose of this workshop is to tell you more about Qigong and its benefits, and help you decide whether you wish to start learning and practicing Qigong. One or two simple but efficient exercises for self healing and relaxation will be taught to illustrate the way Qigong works. After the end of the session those who are interested to continue will have the opportunity to enrol

for a beginner's course that will be tailored for the needs of people with Autism or Asperger's.

What is Qigong?

Qigong is a self training practice that enhances health, clears the mind and promotes the sense of wellbeing. It can help the practitioners to open up and connect with the external (nature, society and universe) on more subtle but very fundamental levels, the levels of Qi and consciousness. Working on these levels can create a new awareness that can help the practitioners to improve and transform all of their everyday life activities thus allowing to achieve a higher level of harmony and self realisation.

Qigong practice includes physical movement, breathing and special mind activities to bring about positive changes to life as a whole.

Yuan Gong, the Qigong system that will be taught, is effective, easy to learn, easy to practice and last but not least – very enjoyable!

The presenter:

The workshop will be led by Vlado Rashev, Qigong master teacher and therapist, MSc. Vlado has been doing teaching and healing work for more than 10 years now. You can read more about him and his practice at: www.self-healing.co.nz



Here is what one of Vlado's students says about his recent experience with Qigong:

"My experience with the first method of Yuan Gong has been different from any other approaches to energy work and Qigong styles that I became acquainted before... I find Yuan Gong much more pleasurable to do. I find it is a magic invitation to transcend everyday experience. I am hoping that the "novelty effect" far from disappearing in the future will increase and will become part of my everyday life, as eating, sleeping, etc., etc. The idea of "soaring like a bird" has a charm of its own.



I find your way of teaching superb, absolutely clear and well paced. I have also found doing the exercises themselves a source of pleasure, even if at first I had to make an effort to "get the hang" of the movements.

This morning, when doing the guided practice at the very end I experienced a wonderful feeling of UNCONDITIONAL LOVE, something I had never experienced before in any other practice.

*Have a wonderful day!
Oriol Villagarcia"*

Shannon Hennig, Outreach Coordinator of Autism New Zealand (Wellington Branch) will be onsite to provide additional support.

Workshop venue:

You can do the workshop in 3 different ways:

- **In person (recommended):** at Qigong & Self Healing Centre (61A York St, Moera, Lower Hutt)
- **On-line, live (if you are unable to attend in person):** the workshop will be broadcast via Internet – you will receive an email with a link and connection instructions. You'll be able to ask (type) your questions using the Chat feature of the broadcast web-site
- **Watching the recording of the workshop on-line:** you will receive an email with instructions of how to access the recording of the workshop

Day and time of the workshop:

- 10:45am on 7 March (New Zealand time), duration about 1 hour
- If you are unable to attend neither in person nor on-line, you can still register and watch the recording of the workshop.

Cost: \$5

Ways of payment:

- If attending in person, you can pay in cash on the day
- If you are attending on-line (or watching the recording), please pay in advance, ideally by the end of Wednesday, 4 March. Follow this link for the ways to pay:

<http://self-healing.co.nz/85-Contact-50-Payment-methods.aspx>

Registration:

- To register, please follow the link and fill in our form on-line:

<http://goo.gl/forms/bcka5OUdMg>



Knowing others is wisdom, knowing yourself is enlightenment.

--- Lao Tzu ---