

气功预备班 (Preparatory course for Qi-gong)

1. 暖身运动 1 节 45 分钟 (Warm-up exercises in 1 session 45 mins) - 关节操 (Joints exercise) ; 太极松身操 (Taiji Warm-up exercise)
2. 收功运动 1 节 45 分钟 (Cool down exercises in 1 session 45 mins) - 养生操 (Yang Sheng exercise) ; 太极呼吸操 (Taiji Breathing exercise)
3. 练习暖身运动及收功运动 2 节各 75 分钟 (Combined practice of warm-up and cool down exercises in 2 sessions , each 75 mins)

有兴趣者,请直接与导师**萧继宗**医师联系- HP: **9657 0068**.

For company or individual who are interested to enroll for this course, please contact the trainer, **Mr Seow Kee Chong** directly at **9657 0068**.

收费分别为个人\$400 和团体\$5,000 (提供场地和最多 20 位), 练习的时间和地点有待商榷。

Course fee is \$400 per person or \$5,000 per group (max. 20 persons and provide training room), date and timing to be discussed.

开课前的付款和课程的反馈请直接交给**新加坡中医药促进会**, No. 10 Lorong 9 Geyland, Singapore 388758. Tel: 6841 3049 ext 114.

Please make the payment before the course start and feedback directly to **Association for Promoting Chinese Medicines** at the above address.

穿著是运动装和运动鞋 (Attire will be in sports shoes and sportswear)