

瓊崖楊氏公會

KHENG ZAI YEO CLAN ASSOCIATION

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@Kheng Zai Yeo Clan



<http://khengzaiyeo.org.sg>

气功与养生

Qigong and health/longevity sharing session



Qigong Demo on Youtube



<https://youtu.be/lexG2kbqs3M>

鍾瑞勇先生

Mr. CHENG SWEE YONG

(Professional and certified Qigong practitioner/healer)

Date: 14 Aug 2016 (Sunday)

Time: 10.30am - 12 noon

Venue: 瓊崖楊氏公會

主讲者 Speaker:

鍾瑞勇先生从事电脑行业，对气功/武术有浓厚兴趣。早年习外家拳，尔后，习太极，气功和气疗等功法。是名资深的气疗师也活跃在社区义务气疗师(2008迄今)。调理个案上千个，深受好评！

Mr. CHENG SWEE YONG is a professional and certified Qigong practitioner/healer, an experienced and active volunteer wellness therapist since 2008. With more than thousand success cases with qigong healing. He has great passion in qigong practices in early 2000s though his spent years in IT profession.

大纲 Highlights:

1. 气功为何物 What is Qigong
2. 保健/养生和你 Your health and how to maintain it
3. 为什么气功可以让你更健康 and 任何运用气功来养生/保健。
Why qigong can help you to improve your wellness
4. 为什么有70%以上的人有亚健康？如何避免和改善这些亚健康/三高等病症？想知道气功是如何能促进个人的健康和养生吗？
As you know, your wellness is in your own good hands, only you can help yourself but with qigong practice it can enhance and improve your wellness and longevity.