

- **Sifu Mario Figueroa, Over 25 Years of Experience.**
- **National Qigong Association Member.**
- **Certified Qigong Teacher / Therapist.**
- **Certified Tai Chi Chuan Instructor.**
- **Chi Kung and Kung Fu Instructor and Advisor for Miracosta College.**
- **Chi Kung & Tai Chi Instructor at world renowned Cal-A-Vie Wellness Spa.**
- **Affordable Tuition. Senior Discounts.**
- **Dedicated to excellence in teaching and to the growth and wellness of students and clients.**

Experience the Benefits of Chi Kung & Tai Chi for yourself, your family and friends!

- *Great for All Ages and fitness levels*
- *Improve Flexibility & Range of Motion*
- *Simple to practice and Convenient*
- *Proven Benefits*
- *Health, Vitality, Mental Clarity, Longevity*
- *Effective Stress Relief*
- *Fitness & Weight Management*

CHI KUNG

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MOVEMENT & BREATH
*
HARMONY & BALANCE
*
HEALTH & LONGEVITY

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WHAT IS CHI KUNG?

Chi Kung (also spelled Qigong) is a holistic system of self-healing exercise and meditation. It is an ancient practice consisting of still postures, gentle flowing movement, breathing techniques, and meditation.



Chi Kung practice strengthens the body, opens up the joints and relaxes and energizes the muscles and tissues. The breathing methods deepen and extend the breath, improving the transfer of oxygen to the blood while slowing the heart rate and calming the mind.

At a deeper level, Chi Kung is about balancing, restoring and flowing the vital energy that sustains life.

Chi Kung is the ancient art and practice of balancing the life energy, harmonizing mind and body and optimizing health and vitality.

WHY CHI KUNG?

Chi Kung is composed of simple, safe, gentle exercises that can be practiced by anyone regardless of age, health, or fitness level. There is no equipment to purchase, and its practice does not require special facilities or large spaces.

While finding time for modern exercise can be difficult for many people. Chi Kung can be practiced in minutes, making it ideal for today's busy, chaotic world.



Chi Kung has proven to be hugely effective at countering and reversing the damaging effects of modern stress. Studies have shown that continued practice optimizes blood pressure, reduces hyperacidity, combats obesity, improves sleep, regulates metabolism and activates the immune system.

For those with health or physical challenges, Chi Kung is the ideal way to regain, maintain and improve health, strength, range of motion, balance, coordination, flexibility, and stamina.

CHI KUNG AT SHEN

There are many different forms and styles of Chi Kung. One of the best known is Tai Chi Chuan. The various forms of Chi Kung have different goals and some yield specific results. There is Chi Kung for health, for mental awareness, and for longevity.

At Shen, we offer a full curriculum covering many of the major styles of Chi Kung such as:

- Guided Meditation
- 8 Pieces of Brocade
- 18 Palms of the Buddha
- 6 Healing Sounds
- Tai Chi Chuan
- Push Hands & more

We offer an ongoing program covering all major aspects: Health, Vitality, Longevity, Harmony, Energy Flow, and Healing Chi Kung. Each form gives you identifiable benefits and leads to the next in a steady, incremental manner.

