

# Chi Kung Retreat Day



**with Kath Anderson and Tom Christensen  
August 27<sup>th</sup> on Pittwater**

This one day retreat is about putting our energy to work for us.

The program here is a simple one.

We'll create a vision board. We will have a massage and delicious vegetarian food.

We will do lots of Chi Kung. It'll be Fun !

We'll be in the tranquil Kurin-gai Chase National Park.

We'll start the day with setting up to make a vision board. You can apply this board to any area of your life - your future, your home, your day, your career, your next holiday ....

The morning session will be spent in the planning stage for this very useful and affirming tool.

Then we'll step outside and be led expertly through the first of three Chi Kung classes. Tom Christensen is our teacher here. Tom has been teaching and practising Chi Kung for over 20 years, lives and breathes this philosophy and is an excellent guide. Gentle. Curly. Soft. Expert.

Everyone will receive a special massage treatment to the feet, hands and face with Kath Anderson. Then lunch. Afternoon we'll do another Chi Kung session and continue working on our boards.

Let's see how much difference good oxygen flow and guided intention can affect the vision we have begun.

**\$240** per person

Call Kath 0405097424 or Tom 0414668640 or email [kathando@yahoo.com](mailto:kathando@yahoo.com)