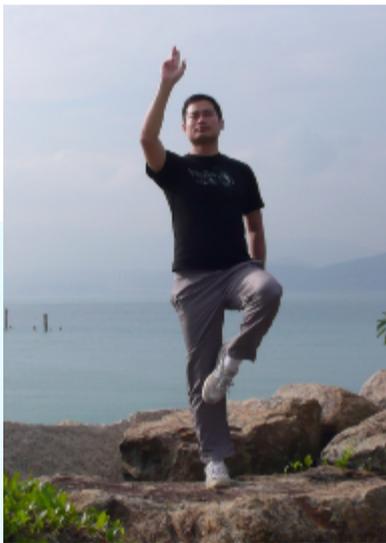


Specialized Energy Workshops for enhancing Kids' Health & Full Brain Development

TCM (Traditional Chinese Movements) Energy Training Certificate

Course Level 1, 2 & 3 for Kids (Parents are welcome to join together)



Level 1: 氣脈疏通兒童證書班 (歡迎家長一齊參與)

Level 2: 氣脈強化兒童證書班 (歡迎家長一齊參與)

Level 3: 氣脈開發兒童證書班 (歡迎家長一齊參與)

Each Level: 8 sessions

Level 1

以約十二式簡單柔和、及帶趣味性的氣功動作，從身體進行初步調整、整固及治理兒童(及成年人)大致整體身心狀況*1，對身體內外的全面健康，鞏固根基，亦同時鍛鍊身體、頭腦、情緒的連繫，導向出正面效果。

Level 2

根基稍微健立後，開始以較深入及細緻的，另外約十二式簡單動作，以更精微地堅固健康重要元素*2，以使發育成長時，體質、頭腦、情緒、身體等系統，更穩固健壯及健康，能充分正面連繫合一，對一生健康打好強健根基。

Level 3

最終(Level 3)在體魄良好改善後，再以更深入強效的十二式動作，強化及鞏固，內外體質、及全面康健重要元素，達致內在能量(氣)強盛，以備開發一切內在潛能*3。

氣脈疏通(治療)功法是以中國傳統動作功法，以氣功為主 (氣功是提昇體質，治理身體，發展人體潛能為主要唯一目的)，輔以太極和武術等等以其強壯身體作用的動作(只取幫助健康的部份)，來治療身體毛病，及強化體魄，所有功法以柔和，簡單易學有效為主。氣脈疏通(治療)功法是經謝耀立氣功治療師經三十多年修練及治療經驗，修整改良，使功法動作以簡單易學為主，但極易產生針對性效用，來符合現代人生活習性，使更易被學習吸收，以致應用及更易產生效用之氣功。

Traditional Chinese Movements (TCM) Energy Training is with Qigong as the main exercise, plus together with other Traditional Chinese Movements, like Taiji & Martial Art etc. Qigong is an Energy work fully on health, healing and exploring human potential. While only those movements from Taiji and Martial Art are for the same purpose are chosen to be used in this (Healing) Training. All the TCM Energy Movements are mostly simple and gentle. They are to help the Energy Circulation within the being and make the body parts function more properly and better. Energy (Qi) being generated within the body would work directly to clear the blockages, which is the causes of all illnesses according to the Chinese Medical theory and Energy theory. Master Lawrence Tse has been working and studying Qigong, Energy and these kinds of TCM Exercises for health, healing and unfolding human potential for over 30 years. He has make and created most of these Movements to be simple, easy and gentle to help others to be benefited from them to shift their power within.

此等動作能帶動能量氣血，疏通身體閉塞(病痛)，調整及壯健身體裏外一切機能(有形的包括，軀體如肌肉筋骨關節，臟腑如心、肝、脾、肺、腎、皮膚和腦部等等，一切循環系統如呼吸、消化、血液、淋巴、荷爾蒙和神經等等；無形的身體不同能力，包括頭腦各樣作用，如智力、情緒、情感等，平衡、鬆弛、體力、內氣、神經反應能力、全身上下裏外協調能力等等)，使身體復完及健壯，亦不斷提升體質壯健。當身體越發健康，最終亦能引發及開發潛在潛能。亦由於主要是以柔和及簡單動作為主，老少弱壯佳適宜。

All the TCM Energy Movements are to help strengthening the Energy (Qi) to clear the Energy Blockages, path and Channels. It would be harmonize and enhancing the condition of the tangible and intangible parts of the body. The tangible parts are body parts , tissues, internal organs like heart, liver, spleen, lung , kidneys, skin and brain etc and circulating systems like breathing, digesting, blood, lymph, hormones and nerves etc. The intangible parts are different functions of the body like brain functions including intellect, feelings and emotions etc, body internal abilities like balance, relaxation, strength, Energy, nerve respond and whole body coordination etc. The TCM Energy Movements are all designed for enhancing all these functions and abilities. These movements will result in healing , better health and improving body conditions from inside out. Once the body becomes fundamentally healthy, the internal potential would be unfolded naturally. Also because of it is mostly simple, easy and gentle, the exercise is also even good for sick, old and young..

此兒童(及家長)班是先(Level 1)調整及治理兒童(及成年人)大致調整身心狀況*1，再(Level 2)鞏固一切健康重要元素*2，以使發育成長時，體質壯及健康，對一生健康打好強健根基，最終(Level 3)在



***2: 健康重要元素** — 身體裏外一切機能狀況(有形的包括，軀體如肌肉筋骨關節，臟腑如心、肝、脾、肺、腎、皮膚和腦部等等，一切循環系統如神經、呼吸、消化、血液、淋巴和荷爾蒙等等；無形的包括，如頭腦、智力、情緒、平衡、鬆弛、體力、內氣、神經反應能力、全自上下裏外協調能力等等)

***2 Consolidating all these health elements - The tangible parts are body parts , tissues, internal organs like heart, liver, spleen, lung , kidneys, skin and brain etc and circulating systems like breathing, digesting, blood, lymph, hormones and nerves etc. The intangible parts are different functions of the body like brain functions including intellect, feelings and emotions etc, body internal abilities like balance, relaxation, strength, Energy, nerve respond and whole body coordination etc.**

***3: 內在潛能** — 先天靈感、預知能力、感應力、遙視、自我及對他人治療能量，(佛道家及西方社會的天目，天耳，天心)等等。

***3 Inner Potentials - Opening High Energy Points on remote abilities to receiving intuition, knowing future, Energy sensation, remote view, self healing and healing others power etc.**