

WILD GOOSE QI GONG



Chinese methods of health and longevity have been medically proven to:

- ✓ *Manage Stress*
- ✓ *Increase Flexibility*
- ✓ *Increase Mobility*
- ✓ *Reduce Blood Pressure*
- ✓ *Improve Overall Health*

LEARN SECRET CHINESE METHODS OF HEALTH AND LONGEVITY

DATE: APRIL 21-22

TIME: 9AM – 4PM

COST: \$100, INCLUDES DVD (PRE-REGISTER VIA PAYPAL BY 4/7, SAVE 10%)

LOCATION: MEMPHIS MARTIAL ARTS, 2543 BROAD AVE, MEMPHIS

Now you can learn how to get these benefits and more, in less than 10 minutes a day!

If you could improve your overall health, raise your energy levels, improve both the quality and duration of your life, wouldn't that be worth 10 minutes a day?

Come join us for this 2-day workshop and learn how! You won't need funny pajamas, there's no chanting or bowing, and no conflict with any of your religious beliefs.

To Register via PayPal: www.MemphisMartialArtsCenter.com

Space is limited! Pre-registration is recommended to ensure your space and DVD.

Ask about discounts for Medical, Police, Fire, Military, or Senior Citizens!

FOR MORE INFORMATION CONTACT: SENSEI CLIF BULLARD @ (901) 275-1636