

Tai Chi Yin Gung

Special Innergetic Chi Gung & Tai Chi movements
For Women Only!!



Tai Chi Yin Gung addresses health issues of all women – from teens to seniors.

The practices you will learn originated in China, Tibet, and India. In ancient China, the practices were only taught to the royalty, were very secret, and include special movements to cultivate your life force. You will learn the Tibetan secret vibrational sounds for healing your five life support organs. The Indian practices you will learn are special meditations for stress reduction.

Join us to start your regeneration process in your body, which in turn produces rejuvenation of your body and mind. This will lead to radiant health and longevity!

As a bonus, in your first class, you will learn a special movement series to release hot flashes and menstrual pains.

Benefits:

- Recharge your energy
- Weight reduction
- Hot flash and menopause relief
- Regulate cycle
- Hormonal/emotional balance
- Strengthen your immune system
- Improve blood circulation
- Bone marrow cleansing
- Joint flexibility
- Stress reduction
- And more



Master Sunyata Saraswati and his wife Amrita are pleased to teach you these ancient/modern energy cultivation techniques for women only. Master Sunyata studied at the Wu Chi Tao Temple in Hong Kong, where he learned Taoist healing arts from the last grandmaster, Lin-Po the Hermit. While at the temple, Master Sunyata was permitted to learn Tibetan women's healing arts from a Tibetan nun, to bring back to America to help women. Master Sunyata learned the Indian meditations while a student at Swami Satyananda Saraswati's ashram in India.

Soft, slow, and gentle movements, breathing, and stretching for women of all ages!

**For more information on weekly classes, please visit
www.shentaoinnergyarts.com or call 561-901-0759**

