



ROBERT BATES HEALING



Five Animal Frolics Qigong Workshop **At Kaizen Martial Arts in Monrovia, CA** www.funwithqigong.com

When: Saturday, Oct 17, 2009
Time: 12:00 to 2:00 pm
Cost: Just \$25
Location: 905 S Myrtle Ave
Monrovia, CA 91016
Kaizen site: www.kaizenmartialartsinfo.com
To sign up: (626) 301-9212



Strengthen and Heal with the Power of Qigong

Qigong is the science, art, practice, and skill of self-healing and wellness using posture, movement, breath, attention, and relaxation. Qigong is also spelled chi kung and is pronounced "chee gung." The Five Animal Frolics are part of the large Qigong umbrella of exercises.

Strengthen Your Body

The Five Animal Frolics are said to be the oldest existing exercises in the world still practiced. They were created some 1800 years ago by a famous Chinese doctor named Hua Tou. They've been around so long because they are a fun and effective method to develop a strong, healthy body. The Five Animals consist of the Crane, Bear, Monkey, Deer, and Tiger. Each animal has sets of exercises that strengthen the muscles and tendons, balance the brain, improve coordination and rejuvenate the internal organs. All of the Five Animal Frolics make you more integrated in your body, more solid on the ground, more sure in your walking, more cultivated in your movements, more confident, flexible and strong. There are many versions of the Five Animal Frolics, many branches of the training. We will explore several of these versions.

A Closer Look at Each Animal Frolic

The Crane: For physical balance, leg strength, rising energy, lightness of step, expansiveness, and cooling down the Heart. The Crane is graceful and elevated. **Fire element.**

The Bear: Builds thigh strength, grounding ability, gravitational energy and vitality. Strengthens the Kidneys. The bear is strong and powerful. **Water element.**

The Monkey: Develops the quick-moving agility of a monkey. Good for Stomach, Spleen, and Pancreas. Helps digestion and shoulder and neck problems. The Monkey is the silly animal. **Earth element.**

The Deer: Stretches spine and legs, builds supple strength of tendons and ligaments. Good for knee health and leg strength. Deer movements tend to have an expanded nobility to them. **Wood element.**

The Tiger: Builds internal power, leg springiness, and Lung health. Develops finger, hand, wrist and forearm strength. Good shoulder therapy. The Tiger is fast and powerful. **Metal element.**



About the Teacher

Robert Bates is a healer, teacher of healing and martial artist based in Bellingham, Washington. He teaches classes and seminars in Cranial Sacral Therapy, Self-Healing Qigong, and Qigong Therapy (Medical Qigong.) A 1990 graduate from Southern California College of Chiropractic, he went home to the Northwest to open his hands-on healing practice. He holds a Master of Medical Qigong degree, is a licensed Chiropractor, and is an advanced Cranial Sacral Therapist. He has developed a unique, energetic approach to Cranial Sacral Therapy which he calls The Empowered Touch. He practices Qigong and Martial Arts and teaches many forms of Qigong, including Wild Goose Qigong, Healing Tao, 8 Brocades, Chen Style Tai Chi Chuan (new frame) and Five Animal Frolics. As a teacher he likes to encourage and inspire, while simplifying and getting to the essence of things. He also likes workshops and classes to be fun.