



Taoist Light QIGONG

An ancient Chinese practice for Self-Healing

by

Authentic QIGONG INSTRUCTOR FROM China

Chiyan Wang

Taoist Light Qigong is easy to learn and practice, yet the result is very effective and profound. The meditative movements fit each individual's condition and needs; and it is very beneficial for healing various health concerns, including fatigue, arthritis, infection, spinal problems, respiratory problems, internal organ problems, aging, emotional disorders, etc. It is also suitable for spiritual seekers to practice for self-cultivation.

Chiyan Wang is from a family of Qigong masters, and has been teaching Taoist Light Qigong and providing private healing sessions in Santa Barbara since 1993. She has many success stories from her clients and students, and has been interviewed by the *Independent, Santa Barbara Magazine*, and BBC etc.

A simple practice to benefit whole life!

Please Email Chiyan@sbqigong.com

Private teaching or healing sessions are also available!

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