

The Isles of PALMER RANCH Clubhouse  
5901 Benevento Drive, Sarasota, FL 34238



Monday 11/23/2015 6:30pm—8:00pm

FREE SEMINAR ON

## Understanding Qi, Qi Gong, & Tai Chi

Space Limited - register at  
941-922-1892

Come and find out for yourself what Qi is, how it flows in your body, how it affects your health, and how you can manipulate it for your own health. In this seminar, you will also learn a short Qi Gong form that will help you balance and fine-tune your body.

### What is Qi Gong?

The Chinese character “Qi” refers to “air”, while the character “Gong” refers to a “mastery of a skill using hard work”. Hence, the term “Qi Gong” essentially means “the Masterful Skill of Breathing”.

According to Chinese Medicine, “Qi” (pronounced “Chee”) refers to the energy that surrounds and encompasses the universe. It also refers to the life energy or life force within each human being, without which the person would not be alive. The human body is made up of pathways that are

distributed all over the body and connect with each of the organs. It is through these pathways, or channels, that the Qi flows. The Qi is also the energy in the body that provides the source for the blood to be able to move from one point to another. It is said that “where Qi flows, health exists; but where Qi stagnates, illness prevails.”

Therefore, in order to keep one healthy, one must be able to maintain the smooth flow of Qi inside the body. This flow can easily be impaired due to emotional turmoil such as stress and grief, poor diet, illnesses, trauma, and even the weather. When the Qi flow is disrupted, the body’s homeostatic

balance is disrupted, illnesses and diseases occur, and aging is accelerated.

Fortunately, an individual can use Qi Gong and Chinese Medicine to regulate the flow of Qi in the body, to bring abundant, rich oxygen into the blood, nourish



### About Rene Ng (DOM, AP, L.Ac)

#### ACUPUNCTURE PHYSICIAN and CHINESE HERBALIST

Rene Ng was born and raised in Macao, China and began training in Chinese Medicine and kung fu at a very young age. A board-certified and licensed Acupuncture Physician, Dr. Rene has a natural passion for wellness and in helping people. He specializes in Cancer care, Multiple Sclerosis, pain management, injuries, and internal medicine. In addition, he is a nationally recognized kung fu / Tai Chi master and Qi Gong practitioner, and has been teaching these arts in both China and the US for over thirty years. Rene is the founder of the Chinese Medical Solutions Acupuncture and Anti-Aging Center located on 2650 Bahia Street, Suite 301 in Sarasota, FL. He is a highly-sought after speaker, and has been featured on WSLR, WTMY, Fox News, and published in the Observer, Today’s Seniors, Natural Awakenings, and DOCTORS newspapers.

Chinese Medical  
Solutions Healing  
Center  
(941) 773-5156

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