

Rising Tao

integrative health

Spring 2010

COURSES

**Heal common ailments,
boost your vitality
and achieve optimum
wellness**



Chi Kung



Tai Chi



Chinese Massotherapy

Call 514 369 7860 today
to reserve your space

Chi Kung for Healing

Chi Kung is an ancient Chinese form of controlled body movement, breathing and concentration techniques. It stills your mind, relaxes your body and promotes healing.

Stress reduction, energy mobilization, and increased stamina are just three benefits of sustained Chi Kung practise.

Thursday 1 April to Thursday 3 June 2010
(6-7pm). Ten weeks, \$100. Manual provided.

"Your course was enjoyable, informative and well thought out." Marc Elman, CA, CBV, Ptask Schnarch Basevitz, Chartered Accountants

Tai Chi for Vitality

The perfect exercise, Tai Chi helps you achieve optimum health. It reduces stress and enhances your body's immune system functions. It exercises all of your body's muscles and joints. And it helps you restore and enhance your balance, mental functions and physical energy.

Tai Chi also helps prevent disease, encourages healing, and reignites your joy of living without the use of drugs.

Thursday 1 April to Thursday 3 June 2010
(7-8pm). Ten weeks, \$100. Manual provided.

"I've lost and kept off almost 40 pounds, my blood pressure is normal, and my joints have become stronger and more flexible. Mentally, I'm calmer and more focused." Angela Brewer, Lab Technician

Chinese Health Secrets for Everyone

An enjoyable, simple, and effective workout and master health skills course. Tai Chi, Chi Kung, and Chinese Massotherapy. Heart, back, blood pressure care and more. Also: enhance sleep, energy, posture, stamina and focus. Ten weeks, \$150 (\$250/couple). Call for dates and times.

Chinese Massotherapy for Wellness

Chinese Massotherapy is widely taught and practiced in China for general health enhancement and as a potent adjunct to healing.

Chinese Massotherapy teaches you how to treat stress, fatigue, back and body pain, high blood pressure, insomnia and other health challenges without the use of drugs. Couples and family members are encouraged to participate in pairs.

This course runs 10 weeks (20 hours) from Friday 2 April to Friday 4 June (7-9 pm) and tuition is \$170 per person or \$300 per couple. Workbook, massage oil and towels provided.

"The healing touch you possess, the skills acquired through your training are unique. I have benefited greatly from choosing you to be my massage therapist." Anne Howard, Writer and Publicist

Your Instructor

Craig Cormack, BA, RMT, is a Chi Kung master, senior Tai Chi instructor and registered Chinese massotherapist. He is a consultant at the McGill University Sports Medicine Clinic and President of l'Association de massage chinois Tuina du Québec.

Courses

Greene Centre
1090 Greene Ave.
Westmount H3Z 1Z9

Private sessions

Rising Tao Integrative Health
4112 St. Catherine West
Montreal H3Z 1P2

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