



Qi-Gong Health Workshop

Power up your Health + Motivation

- Preventive Health Care and Qi-Gong Workshop brought to you by Master Simon Blow and Miamba Health International Pty Ltd
- This Workshop can put you on the path of lifelong Vitality
- Increase your Energy output Potential!
- Understand the concept and Philosophy behind the practice of Qi-Gong
- Gain valuable skills maximising the Mind-Brain-Body potential

Enjoy a healthy and included Buffet Dinner for \$40 p.p.

- Enjoy Qi-Gong exercises and simple Mindfulness techniques
- This fundraising event will benefit a Vietnam child with a cleft deformity due to Agent Orange spraying
- Sponsor Rotary volunteers who pay their own airfares and accommodation
- \$10 out of each \$40 ticket will pay for much needed Cleft operation costs

At: Tosaria Cafe, 60 Henderson Road, Rowville

Date: Friday 18th May, 4 - 6 pm Workshop Qi-Gong session

Dinner: 6 pm **Drinks:** Not included

Cost: \$40 includes Dinner, Workshop and Donation

1 in 2 Australians will be diagnosed with Cancer

1 in 3 Cancer cases are preventable

60% of the adult population is overweight or obese

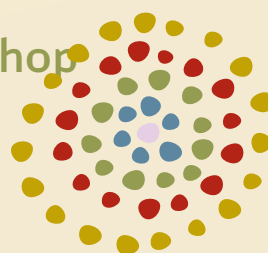
275 Australians develop Diabetes each day

Inquiries and bookings

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miamba
the spirit of good health

Health & Wellbeing Workshop Series