



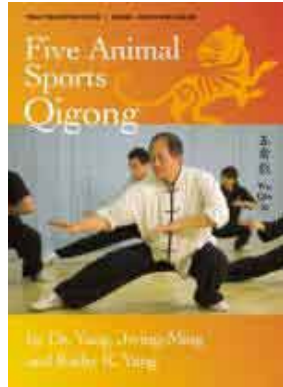
# 5 Animal Sports Qigong

with **Dr. Yang Jwing-Ming**

*Dr. Yang's only appearance in Andover in 2011 ... don't miss it!*

No Experience Required

**These (6) 2 hour classes Tues. & Thurs. will include:**



- History of the 5 Animal Exercises
- Introduction to 5 Elements Theory
- 5 Healing Sounds for Liver, Kidney, Spleen, Heart & Lungs
- 5 Animal Sport Qigong Set.

**The Five Animal Sports, or Frolics,** are one of the most ancient and popular sets of medical Qigong exercises. Passed down for nearly 2,000 years, it is an effective, fun, and sometimes humorous way to energize the entire body. By imitating the movements and spirits of the **Tiger, Deer, Bear, Monkey and Bird,** a practitioner can build their strength and longevity inside and out, and enjoy excellent health.



**ONLY A FEW SPACES LEFT!**

**Tues. & Thurs., 7:05 - 9:05 pm**

**3 weeks Feb. 8 thru 24**

(12 hours total)

No experience required. Spaces are limited. Pre-register to guarantee your spot!  
**This course WILL SELL OUT!**

**5 Dundee Park ~ Andover, MA ~ 978.475.2020 ~ [www.YangFitnessCenter.com](http://www.YangFitnessCenter.com)**

**To register: Call with credit card or return bottom portion.**

**5 Animal Sports Qigong**  
T/TH 7:05-9:05 pm  
2/8 thru 2/24/11

Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ St. \_\_\_\_ Zip: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_  
 Are there any injuries or health concerns? \_\_\_\_\_  
 How did you find out about this course? \_\_\_\_\_  
 Any prior martial arts or Qigong experience? (not required) \_\_\_\_\_

	Member*	Non-Member
5 Animal Sport Qigong (12 hours)	\$175	\$245

**5 Animal Sports DVD \$38.20** (tax included)  
Reg. \$42.45

#### WAIVER OF LIABILITY

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Martial Arts & Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice. I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

\*A member is anyone who is actively enrolled in a YMAA Andover Shaolin/Tai Chi program or is a member thru YOAA.

All payments are non-refundable, non-transferable after 1/25/11. All refunds subject to a 10% processing fee.

Participant Signature (Parent/Guardian if under 18)

Date

Date pd. \_\_\_\_/\_\_\_\_/\_\_\_\_  
By: \_\_\_\_\_

