

Canadian Meihuazhuang Kung Fu Association presents:

Jiazi in the park - A FREE moving meditation class

Sundays at 2pm
in Wascana Park near Speaker's Corner
(weather permitting)
from June – September, 2009.
Join in any time, or just come by and watch.



A large group practicing Jiazi
on a beach in France



One of the five postures used in the Jiazi

What is Jiazi?

Jiazi is a training method used in Meihuazhuang Kung Fu that is like a combination of **Tai Chi** and **Yoga**. It consists of 5 postures, which are similar to Yoga postures, connected by martial art-based moving steps, similar to Tai Chi. It combines **physical exercise, moving meditation, and qigong** (breathing and energy exercise).

Jiazi is suitable for all ages and fitness levels. No prior martial arts experience is needed and there is no physical contact. It is also a great cross-training exercise for people involved in martial arts, dance or sports.

For more information, contact
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www.meihuazhuang.ca