

# CAPE BRETON TAI CHI AND QI GONG

COURSES FOR ALL  
AGES & ABILITIES

## TAI CHI 24 FORMS

## TAI CHI FOR ARTHRITIS

## QI GONG FOR WOMEN'S HEALTH

## TAI CHI @ WORK

## FIVE ANIMAL QI GONG

## PLANT-BASED NU- TRITION & COOKING

## ACUPRESSURE FOR COMMON AILMENTS

## TAI CHI 24 FORMS

Tai Chi is a combination of slow, graceful movements, mental concentration and deep breathing that brings about a unity of mind and body. Originally a martial art, Tai Chi has become a recognized health exercise and proven medical therapy.

There are several major styles and many different forms of Tai Chi. The 24 Forms is the world's most popular form of Tai Chi, based on Yang style. It was developed in 1950s China as an alternative to more complex and lengthy traditional forms. It contains within it all the essential components of Tai Chi but is much easier to learn.

### Benefits

Tai Chi is enjoyable and improves many aspects of health. Tai Chi 24 Forms will:

- Relieve Stress
- Promote Relaxation
- Reduce Tension
- Improve Concentration
- Strengthen Immunity
- Improve Posture
- Increase Flexibility
- Improve Balance
- Deepen Sleep

### DVD Available



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Dr. Milburn has practiced complementary medicine in Cape Breton since returning home to the Island in 2000. He has helped many people using Tai Chi & Qi Gong, Nutrition, Acupuncture, and Herbal Medicine. He specializes in treating a wide range of chronic health problems including chronic pain, headaches, female problems, digestive problems, and complementary cancer therapy.

He has studied with some of the world's most recognized Tai Chi teachers, including Chunna Zhang from the Wu Tang PCA in New York City and Paul Lam, MD from Australia. He has taught Tai Chi and Qi Gong for 20 years and has made it his mission is to bring world class Tai Chi programs and instruction to Cape Breton and Eastern Canada.

"Tai Chi 24 Forms is a great place to start your exploration of this amazing health exercise," says Milburn, "It's easy to learn and you'll notice the difference in your health within a matter of weeks."

All of Dr. Milburn's courses come with a guarantee: "Improve your health — or your money back!"