

# CAPE BRETON TAI CHI AND QI GONG

COURSES FOR ALL  
AGES & ABILITIES

QI GONG FOR  
WOMEN'S HEALTH

TAI CHI FOR  
ARTHRITIS

TAI CHI @ WORK

TAI CHI 24 FORMS

FIVE ANIMAL QI  
GONG

PLANT-BASED NU-  
TRITION & COOKING

ACUPRESSURE  
FOR COMMON  
AILMENTS

## QI GONG FOR WOMEN'S HEALTH

Like Tai Chi, Qi Gong exercises combine slow, graceful movements, mental concentration and deep breathing to bring about a unity of mind and body. Qi Gong is simpler and easier to learn than Tai Chi and you will begin to feel the benefits in only a matter of weeks.

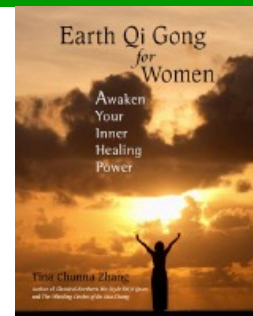
There are thousands of different Qi Gong exercise sets. The Qi Gong for Women's Health program was developed by Internationally renowned Tai Chi Master Tina Zhang to balance and strengthen the female system. It uses eight Qi Gong techniques to strengthen and balance every aspect of the female energy.

### Benefits

Qi Gong for Women is enjoyable and easy to learn. The benefits include:

- Balance Hormones and the Menstrual Cycle
- Ease Menopausal Symptoms
- Manage Stress
- Strengthen Immunity
- Improve Posture
- Enhance Flexibility and Balance
- Deepen Sleep
- Lower Blood Pressure

DVD And Book  
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.

"It is the simplicity of Qi Gong programs that make them so popular" says Milburn, "Qi Gong for Women is a great place to begin an exploration of Qi Gong and Tai Chi. You can feel the benefits in only a matter of weeks." Milburn is a recognized instructor in the Qi Gong for Women program and wrote a forward for the program's book: Earth Qi Gong for Women.