

CHINESE NEI GONG

INTERNAL SOFT STYLE MARTIAL ARTS

TWO DAY INTENSIVE WORKSHOP



This fun and Informative workshop will be presented by James Sumarac at Wulin Retreat in the peaceful surrounds of Cobaw Forest.



Item of Study:
Qi Gong, Core principles and practice of Internal White Crane Gung Fu, Tai Chi Chuan/ push hands



**WU LIN
RETREAT**

Lancefield

Martial & Healing
Arts Centre

Venue:

Wu-Lin Martial & Healing Arts Retreat on 20 acres of forest at Lancefield in the Macedon Ranges

Date: January 4th & 5th 2020

Investment: \$250- includes lunches
(accommodation available on request)

Enquiries phone: 0417 350 398

www.jamessumarac.com