

CENTRALITY IS PROUD TO PRESENT  
THIS RARE OPPORTUNITY TO LEARN FROM ONE OF THE WORLD'S BEST  
MARTIAL ARTS MASTERS

# MASTER YANG

Master Yang Zhen Hua began his martial arts training at the age of six. He trained with many famous masters including the legendary Shaolin monk Hai Deng, famous for his ability to perform the one finger stand.

# Calligraphy Yoga™

Refresh, Renew, Rejuvenate

Enjoy greater Suppleness  
And Flexibility

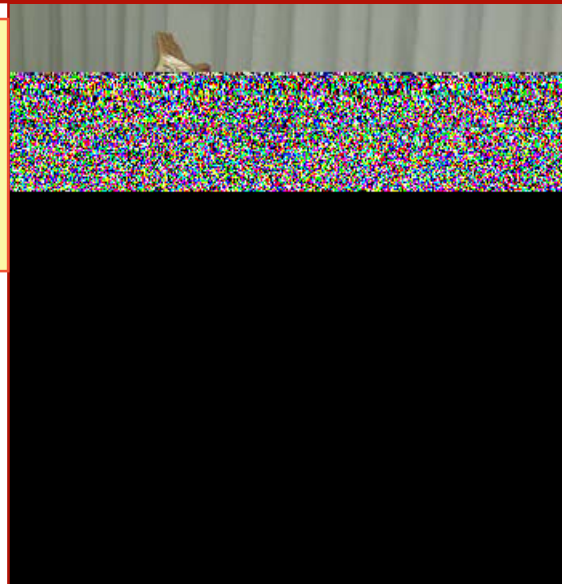
## Why is Calligraphy Yoga Unique?

Calligraphy Yoga is a unique, effective and enjoyable way to generate and circulate energy

(qi or prana) through a flowing set of movements and poses, blending traditional practice of Yoga and Quigong. The movements stretch and open the sinews and joints loosen the spine, open the lungs and massage the organs, creating a supple body, a calm mind and strong energy. This is a dynamic flow exercise which is hard to explain but easy to feel.

Relaxation and flow are incorporated into the practice. Some yoga practitioners suffer back conditions. Calligraphy Yoga addresses this issue. With relaxation and breathing at particular joints of the posture, the body is natural while stretching. This enables all the joints to open, increases oxygenation and blood and qi circulation. These are all vital ingredients for rejuvenation, good health and longevity.

The flow of Chinese calligraphy hints at the naturalness, grace and spirit of the movements. You will discover greater strength and flexibility as you follow the set of exercises. The movements are designed to stimulate the meridians, the energy pathways of the body. This enables practitioners to feel the rapid build up of qi (prana) in the energy centre in the abdomen. You will feel refreshed and energised after the practice. Regular practice restores balance in body-mind.



# Calligraphy Yoga - Postures

1. *Sleeping Dragon*
2. *Peeking Turtle*
3. *Morning Breeze*
4. *Monkey Stretching*
5. *Cobra Dance*
6. *Flowing Ribbon*
7. *Dancing Dragon*
8. *Eagle Stance*
9. *Sweeping Tail (Seated)*
10. *Dragon Tail*
11. *Falling Dragon*
12. *Standing Tree*
13. *Dantian Breathe (Lying down breathing)*
14. *Standing Crane*

Practitioners of Calligraphy Yoga have shown improvements in numerous problem areas such as

- Joint functionality and increased range of motion, particularly in lower back and shoulders
- Stress levels, headaches, high blood pressure, diabetes
- Blood circulation
- Smooth muscle action of the gastrointestinal and digestive tract
- Constipation, reflux and toxic absorption

With consistent practice you can expect to

- Increase energy and lengthen life span by stimulating key meridian points
- Bring overall improvement to physical and mental health by reducing stress, muscular / joint strain and increasing fitness levels.

This system of yoga is now being taught at Yoga Synergy, one of the oldest, largest and most respected yoga schools in Sydney.

Simon Borg-Oliver, one of the founders of Yoga Synergy, trains with Master Yang in Calligraphy Yoga and the martial art Yang Mian. Simon and his co-founder, Bianca Machliss, are qualified physiotherapists. The book, "Applied Anatomy and Physiology of Yoga", written by Simon and Bianca, is highly recommended by yoga teachers, International Yoga Teachers Association Journal, physical therapists and occupational therapists.

Join us at this introductory workshop  
and feel the true power of yoga  
the way it was meant to be!



### ABOUT MASTER YANG

Even though Master Yang has a degree in chemical engineering, his passion for Kung Fu led him to devote his life to the areas of health, pain free movement, longevity and martial arts.

He developed a unique martial art form known today as Yang Mian.

Master Yang trains people from all walks of life including elite athletes who recognize the benefits of his unique training methods that allow them to not only excel in their discipline but also enable them to prolong their athletic life.

 *Yang Mian™ System*

For more information, visit [www.calligraphyyoga.com](http://www.calligraphyyoga.com)