ELASTIC LIKE A CHILD, HEALTHY LIKE A LUMBERJACK, CALM LIKE A SERENE, BUT HOW?

<table>
<thead>
<tr>
<th>Buyers</th>
<th>Feature</th>
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<tbody>
<tr>
<td>desk bound workers</td>
<td>name and meaning</td>
</tr>
<tr>
<td>health-conscious people</td>
<td>the qi system</td>
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<tr>
<td>fighter</td>
<td>warming up practices</td>
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<tr>
<td>sense seekers</td>
<td>poise of body</td>
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<tr>
<td>health campaigner</td>
<td>twist step</td>
</tr>
<tr>
<td>flow hungry people</td>
<td>wave hands like clouds</td>
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<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
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<tbody>
<tr>
<td>stress</td>
<td>loosen qi blockades</td>
</tr>
<tr>
<td>bad posture hardening</td>
<td>make musculoskeletal system continuously</td>
</tr>
<tr>
<td>deficiency in concentration</td>
<td>free the mind</td>
</tr>
<tr>
<td>missing balance</td>
<td>brain waves will have a different pattern - flow</td>
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<table>
<thead>
<tr>
<th>Basis</th>
<th>Method</th>
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<tbody>
<tr>
<td>Taoism</td>
<td>Yang Stile by Yang Lu Chan</td>
</tr>
<tr>
<td>TCM</td>
<td>energy principles</td>
</tr>
<tr>
<td>martial arts</td>
<td>personation</td>
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<table>
<thead>
<tr>
<th>ROI</th>
<th>Usefulness</th>
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<tbody>
<tr>
<td>1 Years with daily practice</td>
<td>unity of body and mind</td>
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<thead>
<tr>
<th>Product specifications</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 units at 1.5 hours</td>
<td>on appointment</td>
</tr>
<tr>
<td>ca 15 attendees</td>
<td></td>
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`QUITE SOFT WATER, BY ATTRITION OVER THE YEARS WILL GRIND STRONG ROCKS AWAY. IN OTHER WORDS, THAT HARDNESS MUST LOSE THE DAY.'
to bring along: 1) loose fitting clothes (white t-shirt, dark track pants, soft indoor trainers, maybe a towel). 2) suitable constitution - physical fit (empty stomach, do not eat and drink too much shortly before) and healthy (if you have fever go to bed!) - mentally ready (come in time and change clothes, disrobe watches and jewellery, strip everyday life, be open minded) - psychic stable (solve acute problems before, do not bottle things up)