



# AGELESS LIVING!!

## INTERNAL SEMINARS

**INSTRUCTORS:** Master Christophe Clarke  
**DATES:** Thursday, 30<sup>th</sup> October, 2008  
**TIMES:** 6:30 p.m. – 8:00 p.m.  
**VENUES:** West Pembroke Primary School Hall  
 34 North Shore Road, Pembroke

Sifu Mike Barry and Sifu Gary Utterback  
 Saturday, 1<sup>st</sup> November, 2008  
 10:00 a.m. - 11:30 p.m. - Part I  
 12:00 p.m. - 1:30 p.m. - Part II  
 Opportunity Workshop  
 (Corner of Roberts Avenue and Palmetto Road)

**COST: \$60.00 per seminar or \$150.00 for all 3 seminars**

Conducted by



*Master Christophe Clark*



*Sifu Mike Barry & Sifu Gary Utterback*



### The Light of Life Seminar with Master Clarke

- A.** Learn the secrets of Longevity & Rejuvenation
- B.** Renew and rekindle your lives through the extraordinary experience of Chi
- C.** Restore, revitalize, replenish your mind and body
- D.** Release the stress and worries to a new beginning

### The Internal Cleansing Seminars with Sifu Barry & Sifu Utterback

- “Part I”
- A.** Cleansing the Internal Organs and the Bone Marrow
- B.** Reverse Breathing, Teaching Meditation and Cleansing
- “Part II”
- C.** 5 Animal 5 Element 5 Organ CHI GONG
- D.** WU HAO 32 Movement TAI CHI Form

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