



AGELESS LIVING!!

INTERNAL SEMINARS

INSTRUCTORS: Master Christophe Clarke
DATES: Thursday, 30th 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, 1st 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

For further information contact:
 Oscar Lightbourne - 532-2320 (cell)
 Email address: olightbo@northrock.bm
 Website: www.sanshou.bm



THE LIGHT OF LIFE SEMINAR

Conducted by

Master Christophe Clark



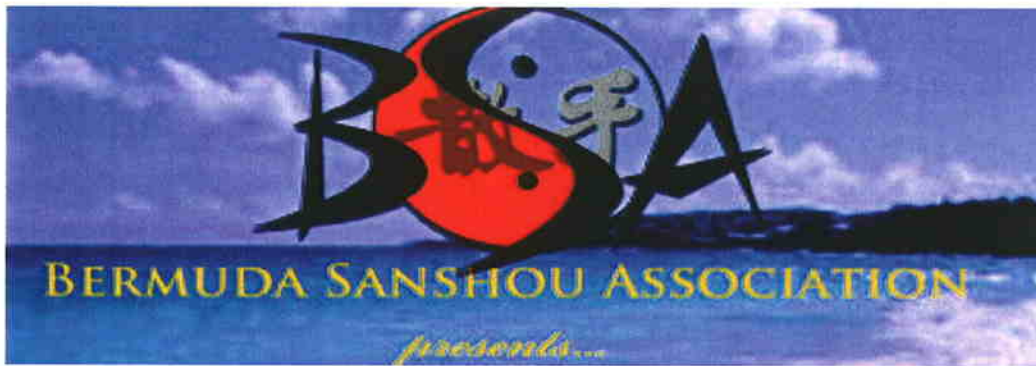
A Time For a Change? This is the moment you've been waiting for. Beyond the Limits: The Light of Life Seminar. Reveal an uplifting evening of laughter and self mastery through this seminar. Don't miss this life changing opportunity to release frustrations, worries and stress, open up to infinite possibilities and gain positive tools for everyday miracles.

The Light of Life Seminar will rejuvenate, restore, revitalize, replenish and regenerate your body and mind, to live the life of your dreams, through positive and mental uplifting and practical techniques that will help you gain power over your destiny and your thirst for change. Learn the secrets of longevity and rejuvenation through the principles of Chi (life force).

This seminar is conducted by world renown Tai Chi Guru Master Christophe Clarke, who has traveled worldwide, spreading the light. Free yourself from the burdens and worries that you've been carrying through your life, through his delightful connections to a new beginning, that will take you from everyday stresses. His thoughtful observations evoked often asked questions: how do I see myself? how do others see me? and of course the million dollar question - what have I done with my life?

Prior to being a celebrated, international motivational speaker, Master Clarke has given the spark to thousands worldwide to renew and rekindle their lives through this extraordinary experience of Chi (life force), to open up to infinite possibilities. This is an adventure in faith of the light of life. Learn to live the life of your dreams.

Health and Strength with Master Clarke through the golden strands of truth, through the light of life.



THE INTERNAL CLEANSING SEMINARS

Conducted by

Sifu Mike Barry and Sifu Gary Utterback



A.&B. Cleansing the Internal Organs and the Bone Marrow “LONGEVITY”

1. Wu Chi – Reverse Breathing and Teaching Meditation
2. Generate Heat in the Hands and Transfer Cleansing Chi
 - (a) To the Brain
 - (b) To the Skin
 - (c) To the Internal Organs
 - (d) To the Bone Marrow, Followed by an Intricate “INHERIT THE WIND” Sequence that will Finish the Routine by Cleansing the Lungs

C. 5 Animal 5 Element 5 Organ CHI GONG

Short Movements of the Tiger, Snake, Crane, Leopard, and a longer more complicated Dragon sequence. The Movements will be identified with their associated Yin organs and corresponding element. A 6th Animal, the Tortoise, will be a Difficult Sequence requiring Deep Drop Stances.

D. WU HAO 32 Movement TAI CHI Form