



**Breath of Life Workshop**  
**The Secrets of Breathing now Revealed**  
**Modernized Ancient Eastern Techniques for Longevity**

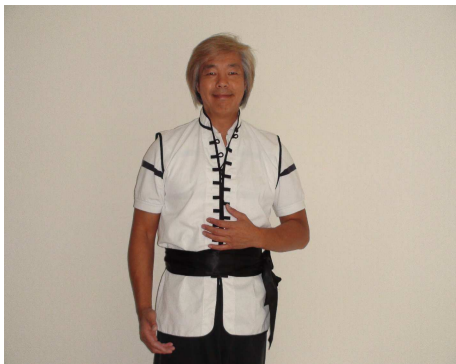
- Learn** ~ Increase Balance and Strength  
~ Improve Focus and Concentration  
~ Lubricate Bone Joints to Strengthen the Bones  
~ Emotional Balance, Reduce Pain, and Increase Energy  
~ Activate your Acupuncture points using Massage, Tapping, and Herbs

**Grand Master Greg Yau**

“GMG” has practiced Chi Gung and Meditation for over 37 years. He has 25 years experience in Acupuncture and Herbs. For the past 16 years “GMG” has used Quantum Science to unite the practices together to create a 21<sup>st</sup> Century Effortless Health & Fitness program that is simple to learn.

Our goal is to teach everyone how to take control of their health.

Our workshops are interactive, introduces information about health and fitness that is different, and fun. Come and experience what Chi Gung Internal Power feels like instantly.



- Location: Oshman Family Jewish Community Center, Room D19  
3921 Fabian Way, Palo Alto  
Date: Tuesday, November 10th, 2009  
Time: 7:00 PM to 10:00 PM  
Contact: Greg Yau (650) 255-9912  
Donation: \$45.00 Limited Seating - Register Early and receive a “free” Energy Balm.