

## **Professional and Skilled Doctor Sam Ma offers 2 Free Health Classes**

(1) Children's Tai-Chi Classes (2) Massage & Beauty Classes

### **(1) Children's Tai-Chi Practice Class**

Children who practice Tai-Chi develop good habits in life.

Practising Tai-Chi is no longer something only adults enjoy, lots of young people have started to enjoy this exercise and actively participate when they can.

The prime time for children to learn is when they are developing their intelligence and body, which can not only improve children's health, but can help to develop their self-discipline and encourage positive thinking.

Practicing Tai-Chi means to be able to meditate, stay calm and being reflective.

Children are naturally curious about the world around them, and to practice Tai-Chi can on the one hand allow their artistic creativity to flourish; during the exercise process can enable their temperament to become more stable; to change their wilfulness, impatience and other bad habits. During practice, it is also possible to ease their stress, stimulate their interest, heighten their attention span and help them withstand external distractions. Furthermore, it is possible to develop their brain to discover their potential.

Sam teaches a weekly adult Qigong class which is especially popular! He also wishes children to have the opportunity to try out more activities, therefore during the summer holidays, Sam will be teaching a children's 'Basic Tai-Chi Defence' class. There are lots of advantages if your child participates in this class!

For ages 8 and above. Dates: **18<sup>th</sup>** and **25<sup>th</sup> August** (Thursday), **14:00-16:00**, Location: HCC

If you hope your child to have a positive outlook on life, then do not miss this rare opportunity!

To register, book at HCC now!

Telephone: **02088818649**

### **(2) Massage & Beauty Class**

Modern medicine believes that massage can increase the temperature of tissue and expand capillaries, improve blood and lymph circulation, lowering the resistance of blood flow to arteries. It is also possible to reduce the burden on the heart, preventing cardiovascular disease, and if children have infection of the intestines (dysentery), massage can allow the symptoms to be reduced or fade away; massage is an anti-inflammatory, able to reduce heat within the body which can then increase the body's ability to fight illnesses and boost the immunity system. This is the reason why massage can open acupuncture points, allowing blood flow to circulate more easily, keeping the body in balance, which means that after a massage, the body's muscles feel more relaxed, joints more flexible, being in higher spirits, eliminating headaches and tiredness to achieve a beautiful and slimming effect and as a result, ensuring the effect of health in your bodies. Once you have learned the techniques, you can also teach friends and family and can even do it to yourself!

Places are limited, please call HCC to register!

Dates: **8<sup>th</sup>**, **15<sup>th</sup>** & **22<sup>nd</sup> September** (Thursday), **14:00-15:30**, Location: HCC