

LIU HUDSON AT ROCKLAND

is Proud to Offer

Two Unique Courses...

Tuesday, June 17, 2014 ▲ 5-6 p.m. | 6-8:30 p.m.



Chi Fung: Energy for Health Instructor Certification Program

June 17, 2014 ▲ 6-8:30 p.m.

What is Chi Fung?

Chi Fung is a unique blend of ancient Chinese health exercises and modern exercise physiology and psychology. Chi Fung uses slow fluid movements, deep focused breathing, and visualization to cultivate and circulate energy within the body. This energy, referred to as "chi," can be used to strengthen the immune system, strengthen and lubricate joints, stretch muscles, develop functional strength, and produce a sense of psychological well-being.

Become A Certified Instructor

Chi Fung was developed by Leo Fong. Now 85 years old, he has used Chi Fung to maintain his own vibrant health and positive attitude. At this seminar you will learn a simple dynamic sequence of four powerful Chi Fung exercises. This series provides a low-impact, full-body workout. You will also learn chi circulation exercises, visualization, and breathing, as well as meditation techniques. Bring a notebook and wear loose comfortable fitting clothing. Upon successful completion of this seminar you will be certified to teach Chi Fung to others.

Textbook

The textbook for the Chi Fung program is Leo Fong's recently (June 2009) published book *Beyond Kung Fu: Breaking an Opponent's Power Through Relaxed Tension*. This book teaches how to use the subtle power of non-resistance. It also presents the core curriculum for our Chi Fung program. The book has an introduction and afterword written by psychologist Dr. Thomas J. Nardi. *Beyond Kung Fu* and other books by Fong will be available for purchase.

Your Instructors:

Leo Fong, M.S.W. will be assisted by Thomas J. Nardi, Ph.D. Dr. Nardi is the Director of counseling programs at LIU Hudson at Rockland and West Point. Dr. Nardi has had more than 25 years experience in teaching Asian healing arts. His articles have appeared in *Tai Chi Magazine* and in *The Journal of Traditional Eastern Health and Fitness*. He has been a student and colleague of Grand Master Leo Fong for more than 30 years.

Transforming Adversities into Advantages:

The Mind-Body-Spirit Connection

June 17, 2014 ▲ 5-6 p.m.

Born in Canton, China and raised in rural Arkansas during the Great Depression, **Leo Fong**, was no stranger to racism, bigotry, and poverty. His life's journey, spanning more than 85 years, is a fascinating testimonial to how the mind, body, and spirit can overcome seemingly insurmountable obstacles.

Leo Fong's life journey has taken him to many destinations. To some he is Sifu Fong, 10th-degree black belt, founder of Wei Kuen Do kung fu, with more than 60 years experience in the martial arts. To others, he is known as an actor/director of 17 action films and an author of more than a dozen books on the martial arts. And, to others, he is Reverend Fong, an ordained Methodist pastor with a Master of Theology, recently retired from active pastoral ministry. He has had extensive counseling experience using his M.S.W. while with Family Services, and as a US Army Chaplin. He is the creator of Chi Fung, a blend of traditional Chinese health exercises and modern exercise physiology.

Please join us as Leo Fong explains his practical mind-body-spirit methods that can help you transform adversities into advantages.

Admission to this lively and highly motivating presentation is FREE, but please reserve your place by contacting Debbie Minerva at debora.minerva@liu.edu or 845-359-7200, ext.5413

REGISTRATION

To register, please complete and mail back the registration form along with payment.



liu.edu/hudson

REGISTRATION FORM
(Please Print Clearly)

Name: _____

Mailing Address: _____

City: _____ State: _____ ZIP: _____

Home Phone: _____ Business/Cell Phone: _____

Email Address: _____

Today's Date: _____

PLEASE ENROLL ME IN:

_____ Transforming Adversities into Advantages • 5 - 6 p.m. • No Charge

_____ Chi Fung for Health Instructor Certification Program • 6 - 8:30 p.m. • \$60*

*Please make check payable to "LIU Hudson"

PLEASE RETURN FORM AND PAYMENT TO:

LIU Hudson at Rockland
70 Route 340
Orangeburg, NY 10962-9903
(GPS address: 230 Route 340, Sparkill, NY)

*For questions or for more information about these presentations, please contact
Dr. Thomas Nardi, Program Director of School and Mental Health Counseling,
at thomas.nardi@liu.edu.*