

TALK CUM DEMONSTRATION ON QIGONG – FOR A HEALTHIER QUALITY LIFE

Jointly Organised by the Highway & Transportation Engineering Technical Division, IEM & Seniors Special Interest Group, IEM
BEM Approved CPD/PDP Hours: NA

Date : 9th March 2019 (Saturday)
Time : 9.00am to 11.00am (*Refreshment will be served in 2nd Flr*)
Venue : Auditorium Prof. Tan Sri Chin Fung Kee, 3rd Floor, Wisma IEM
Speaker : Mr. Benz Ng & Ir. Richard Wong

SYNOPSIS

This talk will introduce the participants to the understanding of the ancient art of Qigong and how to apply Qi to maintain a healthy body.

The talk will cover:

- The History of Qigong
- What is Qigong
- What is Jing, Qi, Shen
- Why Qi is essential to humans and all living beings
- How our body is the best Doctor (healing the natural way)
- How Qi can alleviate sickness

At the end of the talk, participants will be able to appreciate the importance of health and how to maintain a healthy body to enjoy one's golden years. There will also be demonstrations of qigong movements and participants will be taught a few techniques to harness Qi.

Note: Please wear loose clothing like T-shirt and track pants, if want to participate in the demo. Thank you.

Biodata of Speakers

Speaker cum Demonstrator 1

Mr. Benz Ng retired early to be a fulltime Qigong Instructor and Healer. He has some 9 years' experience in the practice of Qigong. In 2010, he first learnt Qigong when he joined Persatuan Senaman Zhineng Qigong Malaysia (Zonghui). After practicing for 2 years, his Senior Laoshi (teacher) promoted him to lead Qigong classes. A year later, Zonghui set up a Qigong centre in USJ3B, Subang Jaya to be led by him with lessons conducted entirely in English. In March 2014, he volunteered to help out at the Zhiren Zhineng Qigong Wellness Center in Seri Kembangan (a centre that applies Qigong for health recovery). In April 2015, he was also put in-charge of the newly setup wellness centre at USJ21, Subang Jaya.

Speaker cum Demonstrator 2

Ir Richard Wong is the present Chairman of Highway & Transportation Engineering Technical Division, IEM. He has practised qigong since 2012 and was promoted to Laoshi in January 2018 and have led classes in Subang Jaya. He has attended courses and demonstrations led by various local laoshis and laoshis from China in Subang Jaya, Fraser's Hills, Genting Highlands and Port Dickson. Ir Richard strongly believes that qigong has changed his life to a healthier one, where he has stronger stamina and does not feel too tired after gardening and long walking trips. His balance and posture have also improved.

Ir. Richard Wong, Chairman
Highway and Transportation Engineering
Technical Division, IEM

Ir. Chong Kwet Hin, Frankie
Seniors Special Interest Group, IEM

ANNOUNCEMENT TO NOTE FEES

Members

Administrative Fee :

Online	RM15
Walk In	RM20

Non-Members

Registration Fee: RM50
Administrative Fee: RM20

Limited seats are available on a "first come first served" basis
(Maximum 60 participants).

- To secure your seat, kindly register online at www.myiem.org.my

PERSONAL DATA PROTECTION ACT

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