

# Talk cum Demonstration on Qigong – Series 2 – 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** : 07<sup>th</sup> December 2019 (Saturday)  
**Time** : 11.00am to 1.00pm (*Refreshment will be served in 2<sup>nd</sup> Flr*)  
**Venue** : C&S & TUS Lecture Hall, 2<sup>nd</sup> Floor, Wisma IEM  
**Speaker** : Mr. Benz Ng & Ir. Richard Wong Chuen Fun

## SYNOPSIS

This talk will introduce the participants to the understanding of the ancient art of Qigong and how to apply Qi to enhance a healthy body. This will be the second talk in a continuous series.

The talk will cover:

- The History of Zhineng Qigong
- What is Qigong & 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 and enhance the well being
- Demo & Teach He Shou Long Tou, Qi Chong Tian
- Demo & Teach Fu Shen Gong Yao, Song Du Mai
- Demo & Teach Tan Tui Qiao Zu, Miao Tai Ji

At the end of the talk, participants will be able to appreciate the importance of health and how to maintain and enhance a healthy body to enjoy one's golden years.

*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, he was promoted to teach and conduct 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 practise Qigong healing at the Zhiren Zhineng Qigong Wellness Center in Seri Kembangan (a centre that applies Qigong for health recovery). In April 2015, he was put in-charge of the newly setup wellness centre at USJ21, Subang Jaya. His ultimate wish is to help more people to liberate their lives, to be happy, healthy and full of vitality.

### Speaker cum Demonstrator 2

**Ir Richard Wong** is the Past 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 overseas and long walking trips. His balance and posture have also improved.

**Ir. Richard Wong Chuen Fun,**  
**Advisor**  
**Highway and Transportation Engineering**  
**Technical Division, IEM**

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

## ANNOUNCEMENT TO NOTE FEES

### Members

Administrative Fee :

<u>Online</u>	RM15
<u>Walk In</u>	RM20

### Non-Members

Registration Fee: RM20  
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](http://www.myiem.org.my)

## PERSONAL DATA PROTECTION ACT

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"IEM reserves the right to alter or cancel the programme due to unforeseen circumstances at its discretion'. For intending participants who choose to 'walk in without prior registration', IEM SHALL NOT be responsible for any direct or consequential losses".