



IQBAL M. ISHANI

POWERFUL FIVE ELEMENT HEALING
THROUGH MUSIC, RITUAL & QI GONG

www.HealingTV.ca



Are you a **baby boomer** hitting a certain age?

Are you starting to suffer from joint, muscle aches and pains?

Are you **stressed**?

Maybe your doctor has told you that you should get some exercise to keep fit and healthy. You want to follow the advice and have tried taking the dog for a walk, or you head out for a stride around the block by yourself, or perhaps you've occasionally tried some pilates, yoga or swimming. In the end, you find it hard to stick to it and, in the end, it's no fun at all.

How would you like to find an **all-in-one fun program** that takes only half an hour a day and is specifically designed to exercise all of your muscles, joints and organs, and keep you healthy, fit and supple? How about one that you can easily build into your life and will also help lower your stress levels so that you can start to truly enjoy life?

After more than 20 years in the film industry schlepping the heavy equipment used in that industry, I too started to have serious back and joint problems. I turned to Qi Gong and eventually became a certified instructor in Europe. With my new programme I've chosen 18 simple, stress-free and easy movements known as the **18 monks** that work like a charm to help people keep healthy, and a simple way to get cardio exercises as part of their daily routine. But the most important thing is that you have fun which is why I call it "**Inner Smile**" Qi gong.

FREE PHONE CONSULTATION PLEASE CALL HEALINGTV 778-280-3838
OR E-MAIL; Iqbal@HealingTV.ca or <http://inner-smile-chi.com/>

