

FANG SONG GONG

The Art of Calmness & Happiness with Iqbal Ishani



Fang Song Gong or FSG, also known as the Art of Calmness & Happiness is one of the foundation for the 5,000 year old practice of **Chi Gong**.

Fang means doing/releasing

Song means calmness/ **Using Live Music**

Gong means movement/**Chi Drum Dancing**

Boost Your Energy, Prevent Stress, Become Happier

As a Chi Gong Master, I will guide you through a series of simple exercises and chi dancing that help you to connect to your inner self. With practice, **FSG** calms the body, re-balances the energy system and brings you back to a natural and happy state of being.



Is Fang Song Gong for me?

The courses and workshop are for all ages and all levels of fitness.

Location: TBA

Cost of Workshop: \$280 per weekend

6 Week Course: \$88, starting November 2009

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**The human body is designed to last 110 years
Fang Song Gong can help you achieve long-lasting well-being**