

# 2017 Health Qigong San Francisco Forum

## 健身气功旧金山论坛

“Let me teach you Health Qigong 我来教你练健身气功”

# Chinese Health Qigong

Time-tested health enhancing exercises for body & mind

健身气功—源自中国的古老养生之道

**Fri. 9/22 • 12 noon**

**Shaolin Kung Fu & Health Qigong**

**Performances 少林功夫及健身气功展演**

@ Stanford University 斯坦福大学

**Sat. 9/23 • 10 am - 3 pm**

**Health Qigong in the Park**

健身气功户外展示

• Health Qigong Demonstration  
by Qigong Masters from China

中国健身气功专家功法演示

• Shaolin Kung Fu Performance 少林功夫表演

• 500 People Group Qigong 500人集体健身气功演练

• Exhibit: **5,000 years of  
Chinese Health Qigong**

展览 《中国健身气功五千年》

• Consultation: Ask a Chinese Master  
健身气功免费咨询

@ Union Square Plaza, San Francisco  
旧金山联合广场

**Sun. 9/24 • 10 am - 4 pm**

**Academic Forum: Health Qigong  
& Scientific Health Building**

《健身气功与科学健身》学术论坛

• Reports by Chinese Masters &  
US Health Sciences Experts

中国健身气功及美国健康科学专家学术报告

• Health Qigong Demonstration 健身气功演示

@ DoubleTree by Hilton, Fremont 希尔顿逸林酒店

**Mon. 9/25 • 10:30 am**

**Health Qigong & Longevity**

《健身气功与延寿》讲座

@ Acacia Creek Retirement Homes, Union City

联合市相思溪退休之家

**Tue. 9/26 • 6 - 9 pm**

**Health Qigong Workshop**

健身气功骨干培训班

@ Shaolin Temple USA

San Francisco, Fremont & Sunnyvale Centers

旧金山、佛利蒙、桑尼维尔少林寺文化中心



Jointly Hosted by 联合主办:

Shaolin Temple USA

Chinese Health Qigong Association

旧金山少林寺文化中心 • 中国健身气功协会



Sponsors 协办:

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Health Qigong Federation

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Park Department

国际健身气功联合会

美国太极养生基金会

旧金山康乐公园局



**Event info**

活动信息:

Shaolin Temple USA

www.ShaolinUSA.us

415-666-9966

**About 有关健身气功:**

Chinese Health Qigong

www.ihqfo.org/en

www.chqa.org.cn