

MEETINGS AT SUNRISE AND SUNSET

Tao meditation, Qi Gong,

Tai Ji and Kung-Fu.

WE HAVE AN APPOINTMENT WITH THE SUN, offer pleasure and enjoy such wonderful, magic moments, with the mother of the earth
TAOIST MEDITATION > QI GONG > TAI JI > KUNG-FU.

At dawn . Every day. We meet 5 ~ 7 minutes before sunrise:

- ♥ **MONDAY, TUESDAY, WEDNESDAY, THURSDAY AND FRIDAY** Beach Goleta / Brosquil (46760) TAVERNES DE LA VALLDIGNA.
- ♥ **SATURDAY AND SUNDAY** Beach L'Ahuir at the end of the wooden walkway (46730) GANDIA GRAU.

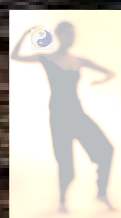
At sunset: We meet at 8.45pm. before sunset:

- ♥ **WEDNESDAY** Beach L'Ahuir at the end of the wooden walkway (46730) GANDIA GRAU.

QI GONG ☯ Long life gymnastic. Work, dominate, energy control, with thoughts, body and breathing practice. Gestures are simple, slow, sweet and natural, which enhance your immune system "Zhen Qi". Both exercises are also practiced Taoist meditation, which allows one to cultivate the emptiness and the smile of peace and harmony, with gentle, attentive movements to center on oneself and nature.

TAI JI ☯ Balance of "mind / body / emotion". It's an internal style of Kung-Fu .They are movements that are used in self-defense techniques "rites of self determination", connected, soft, light, lovely and harmonious "you become aware of every little gesture and instant journey", developed in a natural, physical, mental and useful way, the sense of the overall balance of the body, allows one greater gestural synchronization, a more willing conscience (heightened) and a clear intellect.

KUNG-FU (Wushu) ☯ The mother of martial arts. It is part of the external Qi Gong "Wai Jia", it is said that there are ~ 7000 popular styles, their movements are about animals and natural elements. Kung-Fu means the man's way, it's one of those means of personal fulfillment. It is a life discipline for its referential aspects philosophical (balance yin yang and transmission of understanding, values), organic (Community, rites and coexistence) and health (body / mind / realization).



Alba Center
'Natural Health & Socio-pedagogical'



CONTACT www.centro-alba.com

- ◆ 629 36 82 36, *Joaquim* (Spanish, French)
- ◆ 677 83 43 82, *Gaby* (English, German)

Master Joaquim, Sifu.
Chuan-Shu Internacional Instructor
and from Pan Gu Wushu, R.P. China.
Chinese Doctor Acupuntor, Tuina, MTC.
Trainer Coach and Socio-pedagogue.