"Learn the Art of Self Mastery" Mini Workshop Intensive



Early Bird \$125, prior to August 20, After \$150, At the door \$175

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September 10, 2016, 10-4 pm

The Artisan Club, 1343 Celebration Ave, Orlando, FL 34747

Speaker/Trainer Grand Master Dennis Kelly

Host: Professional Pilates Yoga & Certified Tai Chi Instructor Christina Heldreth- Johnson

Join Tai Chi/Chi Kung Grand Master Dennis Kelly, 6 time World Martial Arts Champion, Certified Sport Nutritionist, Fitness Trainer, Author of The Six Steps to the Fountain of Youth, Master L.I.F.E. Trainer, Owner/ Defy Aging, Inc. taps into his "Master Secrets to L.I.F.E.©"

- Learn how to harness your own Chi-Life Force, take back your energy, and take back your L.I.F.E. thru the ancient Art of Chi Kung, Specialized Breathing, Guided Visionary & Movement Techniques designed to improve physical & mental, well being, Reduce Stress, Prevent disease and heal yourself.
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20 Early Birds enrolled