

## FROM THE GRANDMASTER'S DESK

### *The Year in Review*

2019 has been an amazingly eventful year for Chi Dynamics. I'm very pleased with the outcomes of our efforts to promote good health and self-healing through Chi Dynamics Qigong and wish to thank the many volunteers and sponsors for making it possible.

We are indeed very blessed with dedicated volunteers at our training centres who often go the extra mile for our trainees.

Our team of Kuantan volunteers is a good example. Do you know that they conduct training classes not just once or couple of times a week, but incredibly **every morning from 7.30am to 8.30am come rain or shine!** These daily training sessions draw an average of 30 to 40 trainees per session, and sometimes many more. Full marks to the Kuantan volunteers for their dedication and especially to Sifu Ong Kah Yong who is known to drive long distances to the homes of the bedridden to teach them Chi Dynamics breathing methods!

Over at the CSU@MTC in Kuala Lumpur which is barely over a year old, the remarkable team comprising YT Sia, Tze Lin, Philoeno de Souza and recent addition Ricky Leong, is making such an impact

that attendance has increased significantly. Many of the trainees have reported that they are coping well with their illnesses and I was delighted that four of them had come forward last month to testify that their training at our CSUs had helped them overcome their 4th stage cancer chronic disease!

We had a record number of 51 participants from Singapore, Malaysia and Australia at the Serena Resort Retreat in Kim Boi, Vietnam from 4 to 8 November (*see pages 2-4*). Besides being the largest ever in the history of Chi Dynamics, the retreat was also the most successful judging from positive feedback. I was most heartened to see the way the participants interacted and bonded like a happy family.

However, the cherry on the cake to end the eventful year was undoubtedly "***The Best Kept Secrets of Inner Healing Workshop***" held in Kuala Lumpur on 23 November (*see pages 6 to 8*). This free workshop drew about 700 participants which is another record for Chi Dynamics.

Congratulations to all the volunteers and the organising committee for planning and executing such an awesome mega workshop!

### HIGHLIGHTS

- P.1: From the Grandmaster's Desk
- P.2: From Parvana to Serena — *our journey in search of Qi continues*
- P.5: Come Rain or Shine - 7 Days a Week!
- P.6: The Best Kept Secrets of Inner Healing Workshop
- P.9: New Members @ Alexandra Centre

No stones were left unturned as everything went on without a hitch, from the registration of participants and large crowd control to the smooth execution of the workshop programme.

Riding high on the momentum gained, I am confident that 2020 will be another exciting year of growth despite the world being fraught with ongoing uncertainties and conflicts.

The passion displayed by our increasing pool of dedicated instructors and volunteers augurs well and my fervent desire is to continue training and mentoring them to be a better master and teacher than I can ever be.

Thank you all once again, and I wish you all Seasons Greetings and the very best for the New Year.

***Grandmaster Anthony Wee***



# From PAVANA to SERENA .....



*... our journey in the search and development of Qi continues ...*

**Chi Dynamics Qigong Retreat in Kim Boi, Vietnam, November 2019**

**Learn and practice, eat well and have loads of FUN whilst working hard** was what 51 attendees from Australia, Malaysia and Singapore experienced in the November 4-8 Qigong Retreat held at the Serena Resort. 51 also represents the largest number of attendees in Chi Dynamics retreats' history!

Our journey to the Kim Boi mountain hot springs began with the melodious sounds of music and laughter as ladies in our coach sang songs from the golden '60s and '70s musical era. Upon reaching the expansive gardens of Serena Resort and a welcoming lunch, our first lesson began with harnessing Qi during sunset in a set of exercises termed Setting Sun Qigong. This is especially relevant for ladies as the powerful Yin energy from the setting Sun, gathered through **fu** (metal element) breathing provides anti-ageing and rejuvenating Qi for their faces and bodies!

Ensuring that our focus remains on harnessing and leveraging Qi, Grandmaster Anthony Wee continued after dinner to teach the class intricacies of Meditation and Healing Sounds with emphasis on the **woo** sound.

Retreat attendees were clearly fired up and enthused, for early next morning at 6 am, they gathered in the field, eager to gather the morning Sun Qi. Alas, the Sun proved to be elusive that morning (and the following morning as well) but Grandmaster unflinchingly took us through the principles and prepared us for what turned out to be a most fruitful day of learning.



**The Australian contingent**



**The Malaysian contingent**



**Grandmaster & the Old Chang Kee contingent**



The Singapore Contingent



The Senior Instructors

The second day of the Retreat was packed with more learnings as Grandmaster detailed the **5 essential exercises** and demonstrated the **Art of Chi Dynamics**, viz:

1. The Five breathing methods: *fu, chui, pi, tu* and *xi*
2. The Five Elements exercises: metal, wood, water, fire and earth
3. The Five (Internal) Organs exercises: lungs, heart, liver & spleen, kidneys and digestive organs
4. The Five types of Qi flow: blood, heat, electromagnetic, vibratory and neuro-chemical flow
5. The Five compulsory exercises: Flicking Hands, Shoulder Roll, Butterfly Stretch, Mao Swing and Ten Postures of Qi Meditation.

To ensure that we practise what has been taught, attendees were broken up into small groups led by our most able and ever affable instructors and 3 senior instructors, namely: Chiang, Michael and Warton! We were also treated to demonstrations by notable practitioners such as Teck Soon who swung his way to fame with at least two thousand Mao Swing per day!

Two distinguished yoga instructors, Sarah Manning and Maizan Mansor Ahern, also demonstrated a few meridian Qi flow activation exercises and led some breakouts.

To cap off our full day, Grandmaster decided to add a bonus lesson by teaching the Golden Bell Meditation, which provides a practitioner with an 'envelope of protective Qi' around him/her.

The third and final day was actually a departure from previous retreats as we participated in a contest alluringly named, '**Search for the Invisible Qi!**' This was actually a written test of our knowledge as well as a gauge of our ability to demonstrate the **5 essential components** exercises. There were 6 different teams competing; each with a team leader and participants selected from different countries to ensure commingling.



Meditation Session

**YI DAO QI DAO**  
 FOCUS WITH YI (INTENT), AND QI (ENERGY) WILL FOLLOW

To add fun and pressure, each team at the final stage of our invisible Qi search, had to draw a tab that lists the Qigong exercises that their team has to prepare and perform in 10 minutes! Total marks from both the written test as well as the demonstrations were supposed to determine the winner. However, in the tradition of sore losers, when the winning team led by Cheng Wee was announced, we concluded that the winning formula was actually the team's demonstration of complete deference to the judges, as they bowed to the judges after each exercise!

As the well-known idiom goes, 'Time flies when you are having fun' and in no time at all, we reached the final event of the Retreat – the Gala Dinner!

Michael Kang, our senior instructor and organiser of the Retreat, surprised us with oysters on the menu and heartfelt thanks must also go to Teck Soon who brought additional good cheer by sponsoring our beers throughout the night!! Besides food, the din from conversations and laughter from newly formed friends in each table was also most discernible.

Just like the commencement of our journey, our Retreat ended with the sounds of music and laughter. This time, Grandmaster kicked off the Karaoke and dancing section of the evening with a masterful rendition of Frank Sinatra's My Way and before long, we discovered many hidden vocal and dancing talents! Songs from Yesteryear; Hokkien Songs; Mandarin Songs – we had them all and much more!

It was truly an evening to remember and what a wonderful way to end our 2019 Chi Dynamics Qigong Retreat!

**Mr Lam Wei Choong**



Looking hi & lo for the invisible Qi



Contestants picking up their tab



Group demonstration in progress



Post mortem by advisors & judges



Time for fellowship & networking at Non Hat Restaurant



Karaoke Time!



Participants having a ball of a great time!



The Search for the Invisible Qi winning team with Grandmaster Wee

# COME RAIN OR SHINE, CLASSES ARE ON 7 DAYS A WEEK!



*Kudos to Sifu Ong Kah Yong and his team of instructors for their dedication!*

It may sound incredible, but the Chi Dynamics Kuantan Chapter conducts classes **EVERY MORNING** from 7.30 am to 8.30am, come rain or shine!

Held by the tranquil lake at Taman Pasif, the classes attract an average of 30 to 40 trainees every morning. Should it rain, the classes are moved indoors to the Dewan Jubilee Hall.

According to Chief Instructor Sifu Ong Kah Yong, *“What we are doing would not be possible if not for the selfless commitment of our team of instructors such Agnes Kong, Miss Yap, Miss Chong, Mr Lim, Cody Tay and Larry Yong. We are indeed grateful to Grandmaster Anthony Wee for guiding us in our quest to share wellness and good health with the community at large.”*

Applauding the commitment of Sifu Ong whom he describes as a very dedicated and helpful instructor, Grandmaster Anthony Wee said, *“Sifu Ong would drive for miles to the homes of the bedridden to teach Qigong breathing methods. I applaud his commitment to the promotion of Chi dynamics”.*



# WOW!

*"This is truly the best ever workshop in Chi Dynamics' history!" - Ms Edna Ong*



If you knew how thorough the volunteers and the organising committee went through to plan the Workshop, it is no surprise at all why ***"The Best Kept Secrets of Inner Healing Workshop"*** was such a runaway success. No stones were left unturned—from planning and rehearsals to the final registration and execution of the Workshop programme.



7 counters were set to cope with the registration



Tan Kim Seong (MC) introducing Grandmaster Anthony Wee



Grandmaster explaining the Postures of Meditation



Grandmaster Anthony Wee showing the finer points of the Block of Breathing exercise



Question time



**Cancer survivors giving their testimonials** (above from left: Alex Chung, Michelle Yong and Jeanny Low)

*Dr L.K. Ding, one of the sponsors, sharing his views on organic food*



*Grandmaster Wee showing how the Mao Swing is done*

*Participants practising the Mao Swing*



*Grandmaster Anthony Wee guiding participants in Qi sharing*



*One of the participants achieving free flow of Qi*



*Free flow of Qi demonstration by Cyndie Ng and Steven Ho*



*"Imagine your hands touching the sky",  
Yoga Master Maizan Mansor (on the left) instructs the participants.*



*Group photo of the Organising Committee and Volunteers*

*"Congratulations to the organising committee and the wonderful Sifus, Instructors & Volunteers on the very successful Workshop!"*

**Azira**

*"The Workshop was undoubtedly the most successful ever in Chi Dynamics' history. Just a week after the event, some of the training centres have already reported a surge of new trainee sign ups!."*

**Grandmaster Anthony Wee**



*Group photo of the participants from Kuantan*

# NEW MEMBERS @ ALEXANDRA

We bid a warm welcome to the following new members who joined the Alexandra Centre recently:

- ◆ Mr Adam Chew
- ◆ Mr Andrew Soh
- ◆ Ms Julie Lim
- ◆ Ms Leng Soo Kiow
- ◆ Ms Jacqueline Leng
- ◆ Mr Kevin Tan and
- ◆ Mr Yow Tsu Way
- ◆ Ms Joy Breayley
- ◆ Mr Anthony Chong

**Adam Chew** is not new to Chi Dynamics Qigong as he had attended a talk by Grandmaster Anthony Wee about 5 years ago. Although he had intentions to take it up then, he did not get down to it until recently after visiting through the Chi Dynamics website.

**Joy Breayley** hails from New Zealand. Here on a short visit, she wants to learn more about Chi Dynamics' breathing techniques.

*"It is my aspiration to teach and mentor my students to be better than I can ever be."*

**Grandmaster Anthony Wee**



**Mr Adam Chew**



**Mr Andrew Soh**



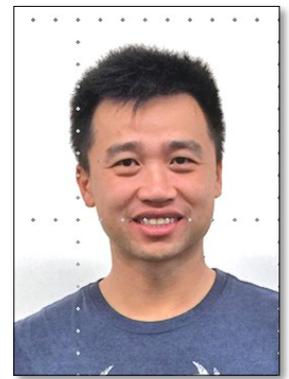
**Ms Julie Lim**



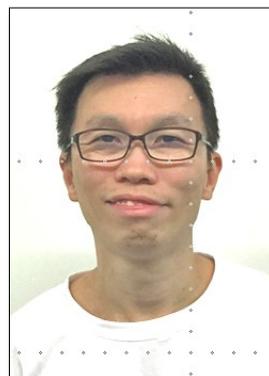
**Ms Jacqueline Leng**



**Ms Leng Soo Kiow**



**Mr Kevin Tan**



**Mr Yow Tsu Way**



**Ms Joy Breayley**



**Mr Anthony Chong**



**Patrick & Dolly Chua**

## Welcome back Patrick & Dolly !

As fate would have it, Patrick and Dolly Chua are back in training at the Alexandra Centre!

The couple was among the early members at Alexandra Centre but stopped practising a some years back. Recently, they were at the Centre to show a friend where Chi Dynamics is located and since they were already there, they decided to sign up again on impulse to continue practising Chi Dynamics Qigong. Welcome back, Patrick & Dolly!