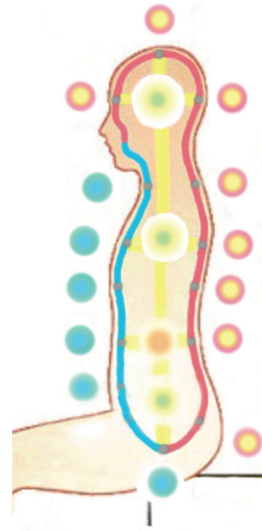
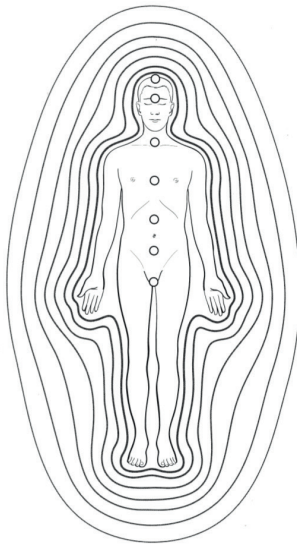


Cultivate Your Energy and Life with Qigong !!!

The Better Your Energy - The Better Your Life



For over 2,000 years - a hundred generations - people in China and Asia have kept healthy and lived long through practicing Qigong, the ancient art of energy cultivation. 100 million people practice Qigong in China, and it is part of everyday life.

Now, rapidly spreading through the internet and social media it is available in the 'West'. There are organisations, schools, classes and teachers expanding and flourishing, as its benefits become known. Qigong is the new yoga, and the best thing since Dancing. And anybody can do it without previous experience.

Check out the programmes overleaf to see what is offered, and join this self-health r/evolution, to create your Best State of Being.

Treatment, training, consultations, individual tuition, books and downloads are available - to cultivate your energy and life.

Please Note - This can be printed out on A4 size paper for ease of reading

The Personal Energy Centre

26 Hope Street, Liverpool L1 9BX, England UK 07913208959
jamesmacritchie@gmail.com www.personalenergycentre.com

Get Healthy

Qigong Acupuncture

No Needles - Just Qi Energy

Stay Healthy

In Chinese Medicine, Health is defined as having the right
BALANCE, FLOW, QUALITY, VOLUME & RELATIONSHIP
in your energy system - 'read' on 12 pulses on the wrists

Call or Text for a *Free* Consultation & Treatment - for yourself, loved ones or friends
07913208959

** Autumn Seasonal Maintenance Treatment is recommended for past patients **

Classes & Training

~ More Info on Website ~

To register or reserve a place - email, phone or text

Eight Extraordinary Meridians Qigong Training

8ExMs is Nei Gong/Internal Meditation Practice. It is a 9mth training in how to open and activate your whole meridian system. This first 12 weeks / Stage 1, opens the Microcosmic Orbit circulation.

Starts with Free Intros - Tues 13th Oct.
Come and find out more for yourself

In Person - *at The Tao Space*
Tues 5.30-7.00pm.

On Zoom - *any place on the planet*
Tues 7.30-9.00pm. UK time.

12 wks. £80 each. Recordings only - £50

The Tao Space

On Zoom. Free Intros - Thurs 15th Oct
Come and find out more, or see website.

Tao Classics and Qigong

Presenting the six main Tao classics
- I Ching. Tao Te Ching. Cantong Qi.
Wuzhen Pian. Liu Yiming. Wang Mu -
to examine the foundations of Nei Gong.

5.30-7.00pm

- A New Book -

'Tao Inner Alchemy To Cultivate The Jin Dan Golden Elixir'

Be part of creating this new book about
the advanced levels of practice.

7.30-9.00pm

12 wks. £80 each. Recordings only - £50

New Audios !!!

Eight Extraordinary Meridians Qigong Online

A video of the first 12 weeks/Stage 1 of this 9 mth training, is now available *Free* on a YouTube Channel, and P.E.C. website. Stages 2+3 will soon be added - as Audios only. For people who cannot attend classes or want to go at their own pace.

Check it out at: youtube.com/jamesmacritchie

James MacRitchie, B.Ac.(UK), Lic.Ac(CO), has practiced Acupuncture since 1977 and Qigong since 1984. He lived in the US for 33 years, and was Founding President of the National Qigong Association USA (www.nqa.org). He has trained in China, and written 5 books on Qigong. Jim treats patients in Liverpool, and teaches Qigong at P.E.C., and Internationally on Zoom. He is available for individual consultation, tuition and training - in person or via the internet.



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