

>> 我收获了爱 鼓励和欢笑！

文 | 勿洛蓄水池公园练功场 — 谢舒琴功友

我

从 2022 年 6 月开始持之以恒地练习返老还童功法。

我七岁开始，每个周末早上，都会跟奶奶到广阔的草原上晨练。我家乡早晨的空气特别清新，让我记忆犹新。我从小就喜欢与大自然亲近，也很自然地喜欢参与户外活动。

长大后踏入社会，我跟其它年轻人想的一样——经济独立。但每天早出晚归地打拼，我感觉身心灵的力量都被耗尽了。一天天过去，我开始反思自己的生活是否缺少了什么。有一天走在开阔的草地上，我想是时候开始定期锻炼身体了。我开始每个周末跑步，映入我眼帘的是一群精力充沛的前辈，他们每天早晨都准时到勿洛蓄水池报到。

我观察到这群人的制服上印了“返老还童”的字样，我对此很感兴趣。一回到家就打开谷歌搜索，了解到返老还童功法是结合了七千多年前河图洛书的阴阳太极神学系统、道家丹道学说、瑜伽修行、佛教教理的精神汇整合成锻炼精气神的修练功法。我找到负责人的联络方式，并给她打了电话。郑宝惜师姐热情地欢迎我，让我随时加入他们。第二天一早 5 点多，我就迫不及待地加入练功的队伍。

返老还童气功可以提升阳气，正能量及幸福感，同时也赋予身体和灵魂强大的力量。这些日子里，我不断地学习功法，内心的平静油然而生，打坐时更容易进入状态，也觉察气运行到丹田。在坚持不懈的练习里，我获益良多，做事也更自信。

还有什么方法，能带给您良好的气血和深度的睡眠呢？就是这套简单易学的功法。教练和助教们都经过老师严格的培训考核，才能传授功法。免费教功，对新人一对一的悉心指导，使他们能更好地理解理论和实践的部分。返老还童的功友们让我收获了爱，鼓励和欢笑，您有机会也和我们一起来体验返老还童功法的奥妙吧！

感谢所有美好的事物，美好的人和美好的生活。



I have been practicing Infinite Youth Qigong since June 2022.

Since I was seven, I had followed my grandma for morning exercise every weekend at the wide meadow in my hometown. I can still remember the fresh air in the early morning. I love being outdoors because I've been close to nature since a young age.

After I grew up and stepped into society, the first thing came to my mind was to pursue my own financial independence. As days passed, I realised something missing in my life - regular exercise. I started running regularly on my off days. Meanwhile, I noticed a group of energetic people who exercise daily at the Bedok Reservoir Park.

I noticed the "Infinite Youth" logo on their shirts. I was curious, and did a search online and contacted the person-in-charge. Madam Teh Poh Seok welcomed me with open arms, and invited me to join them anytime. The next morning, I woke up at 5:20am and joined them, eager to find out more about this exercise.

I believe exercise is important as it enriches our body and soul. Consistent breathing exercise brings me unexpected gain. I am more aware of the Qi when it moves to Dantian. I am more confident in what I want in life, and having inner peace when I meditate.

Infinite youth Qigong gives you better blood circulation (Qi Xue) and good sleep. It is taught free by coaches and assistant coaches who have passed stringent training assessments, new-comer will be given one-to-one coaching for better understanding of theory and practice.

There is no better way to understand Infinite Youth Qigong than coming down and experiencing it personally with us! The biggest gain that I have gotten is the love, encouragement, and laughter from all the members from "Infinite Youth". I am grateful for all the good things, good people and good life.