



Praise Dance Exercise Seed Teacher Training Camp

By Ng Mei Yun, Founder of Praise Dance Exercise, Taiwan

導師：台灣吳美雲老師及團隊



讚美操

May 29 – 31, 2008
The Dance City Studio
149-4 & 151-4, Jalan Lancang
Taman Sri Bahtera, Cheras
56100 Kuala Lumpur

Joyful & Thankful 感恩喜樂



Everyday Exercise
Both young & old rejoice
Healthy & Medication free

Who should attend?

Both young and old, ladies and gentlemen.
Every Christian who cares about physical, mental and spiritual health, who likes exercise or dance, who wants to develop as an outreach ministry.
For community service or just interested to know more.

Introduction

Praise Exercise was established in 2004. The Founder, a Taiwan Music Teacher Ng Mei Yun began her teaching from a park and now dance throughout Taiwan. More than 200 locations, more than 10 thousand people praise God through exercise at the same time every morning. Now, it has spread to many countries in the world inclusive USA, Canada, China, Hong Kong, South East Asia, New Zealand and many more in the progress.

Beautiful Praise Exercise is created when Rhythmic Exercise is supported with songs using Bible Scripture and beautiful music. These exercises include Contract, Stretch, Push and Twist. Active, sustain, gentle & strong. Dance within exercise, Exercise within Dance, Exercise through the body, soul and spirit.

聯辦 Jointly Organised:
馬來西亞基督徒舞蹈團契
馬來西亞基督教青年協會
喜樂滿人間社區關懷

Malaysia Christian Youth Association
Christian Dance Fellowship Malaysia
Joy To The World Community Service

*Purify your heart with the word of God
Heighten your soul through beautiful sacred music
Strengthen your body through physical exercise
Praise God with the voice in your heart
Focus on God with a truthful heart
Worship God with your whole heart
Soul, spirit and body*

Reference & Resources

There are 3 volumes of audio CDs at the moment. Each volume contains 12 songs. Every song lasts for about 3-5 minutes. Coming up is the "Wheelchair Praise Exercise" and "Health Recovery Praise Exercise".