

Strengthen Your Organ Systems and Achieve Inner Harmony

Chinese Shamanic 5 Elements Qigong

with Master Zhongxian Wu

Keswick, VA March 13 - 14, 2010

~ Limited space available ~

Five Elements Qigong is a practice to help us deeply communicate with the universal Five Elements Qi. It is a way to open energy systems of the body and harmonize the organ systems. It focuses on re-establishing harmonious energies, thereby enhancing an individual's vitality. This ancient art and science for health maintenance and healing originated several thousand years ago in China.

This entire workshop will be conducted in the tradition of special shamanic Qigong in which a lineage-based Qi field is created and held to give participants an enhanced experience of Qigong and internal martial arts. This workshop will help students learn:

- Chinese shamanic 5 Elements and Yijing/I-Ching principles
- Fundamentals of Chinese Shamanic Qigong healing and inner cultivation
- Martial arts and healing applications of Five Elements Form
- External Qi-healing Methods

Where: Bridge Between the Worlds Retreat Center, Keswick, VA
(www.bridgebetweentheworlds.org)

When: March 13-14, 2010 10:00 am. to 5:00 p.m.

Cost: \$250 (Early registration – prior to Feb 26, 2010)
\$295 (After Feb 26, 2010)
Extra 20% off for Master Wu's Lifelong Program students

Contact: P.O. Box 146, Ivy, VA 22945
503-936-3390, or visit www.masterwu.net



Master Zhongxian Wu is the recognized master of multiple lineages of classical Qigong, Taiji and martial arts. He synthesizes wisdom and experience for beginning and advanced practitioners, as well as patients seeking healing, in his unique and professionally designed courses and workshops. He is the author of *Seeking the Spirit of The Book of Change*, and of *The Vital Breath of the Dao*. Please visit www.masterwu.net for the details about his teachings.

Registration

Please make check or money order out to Chinese Wisdom Traditions. Fill out the form below and send it, along with your payment, to P.O. Box 146, Ivy, VA 22945.

(The payment will be 100% refunded if the cancellation is made before Feb 26, 2010 and 50% refunded if after Feb 26, 2010)

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REGISTRATION FOR MASTER WU'S March 13-14, 2010 workshop

Name _____

Address _____

Phone Number _____

E-mail address _____