

# Shamanic Healing Qigong and Taiji Intensive Training

With Master Zhongxian Wu

March 6-11, 2008

This may be the last chance to enter his Taiji Lifelong Training program because Master Wu will stop offering the Wudang He style Taiji to new students. This will be a residential training at beautiful Marywood Retreat Center on the St John's River minutes from the Atlantic Ocean. Marywood is located at 1714-5 State Road 13, Jacksonville, FL 32259. [www.marywoodcenter.org](http://www.marywoodcenter.org)

The Lifelong Training program is an invitation to promote balance, peace, and harmony in your life. The purpose of this program is to create communities of practitioners dedicated to the study of Classical Chinese Wisdom Traditions that support each other on this path to Deeper Knowing and Enlightenment. Traditional teachings in Chinese Shamanic Qigong and Taiji will be offered on a yearly basis over the long term.

In this training, you will learn:

- Chinese shamanic 5 Elements principles
- Yijing (I Ching) – symbolism and numerology
- Shamanic Healing Qigong
- Mother Form of Taiji
- Internal alchemy meditation



## About Master Wu

Master Zhongxian Wu is the recognized master of multiple lineages of classical Qigong, Taiji and martial arts. He is the author of Vital Breath of the Dao, Chinese Shamanic Tiger Qigong. 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 committed to bringing the authentic teachings of Chinese ancient wisdom traditions to his students. Please visit [www.masterwu.net](http://www.masterwu.net) for the details about his workshops.



## WHAT IS QIGONG?

*"There must be some primal force, but it is impossible to locate.  
I believe it exists, but cannot see it. I see its results.  
I can feel it, but it has no form."*

-Chuang Tzu, Inner Chapters, Fourth Century BCE

**Qigong** is a traditional method of physical, mental, and *shen* (spiritual) cultivation. **Qi is breath, energy, yin and yang, heaven and earth, food, medicine, and light and life.** Qi is the basic and essential material in the Universe. **Gong means to cultivate, work, attain, strengthen, and develop over time.** Qigong facilitates the development of vital energies. There are thousands of different forms of Qigong including meditations and visualizations, breathing practices, *mudras*, *mantras*, certain sequences of exercises and movements that include Taiji, and other martial arts. Master Wu explains that, "the cultivation of the classical arts and music is considered a form of Qigong when conducted in a mindful manner."

## WHAT IS TAIJI?

Taiji is also a form of Qigong. *Taiji* is a universal medium for the cultivation of Body, Mind and Spirit. It is a Taoist martial arts Qigong form for the cultivation of energy, vitality and harmonious living. It is a gentle way to heighten awareness and improve balance through slow, graceful movements and relaxation of the mind/body. Taiji originated in Chinese shamanism and has its roots in the ancient Inner Alchemy School. This training teaches us to use the natural elements within to heal ourselves. The Wudang He Style Eight Movements are a **movement meditation** corresponding to the eight subtle energy patterns of the Eight Trigrams (Bagua). Through practice we learn to refine, concentrate, nourish, collect and contain the vital energies of the Universe. Through self-cultivation and healing we live our daily lives more fully and learn to create harmonious communities.

## WHAT IS THE COST?

The program cost for this session is \$920.00 if the deposit made by December 30, 2007 and \$1,200.00 if the deposit is made after December 30, 2007. Instruction, lodging, and meals are included (except for Sunday lunch is on your own!). A \$500 deposit is required to reserve your space in this unique training program. Deposits will be 70% refundable if the cancellation is made by January 10, 2008 and nonrefundable if the cancellation is made after January 10, 2008. To register, clip the payment coupon below and mail with check (payable to UCCL) to **Unity Church for Creative Living**, 2777 Race Track Road, Jacksonville, FL 32259, or visit the online store at [www.unityinjax.com](http://www.unityinjax.com) to register with a credit card.

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**PLEASE REGISTER ME FOR MASTER WU'S 2008 EAST COAST INTENSIVE TRAINING PROGRAM.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_ (C): \_\_\_\_\_

Email: \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_