

# QiDao ChaDao

## Qigong and the Dao of Tea

with Master Zhongxian Wu

Qigong is an ancient technique for healing and inner cultivation. For thousands of years, sages have used the tea ceremony as a gateway to understand the Dao.

Please join us for a sampling of special Chinese tea and demonstration of traditional Qigong!

When: 28 November 2014 7:30-9:30pm  
Cost: £20 (free for weekend workshop participants)  
Location: TBA  
Register: [info@masterwu.net](mailto:info@masterwu.net)

Local contact: Keith Stewart [keithwado@btinternet.com](mailto:keithwado@btinternet.com)

*Master Zhongxian Wu is the recognized lineage holder of various forms of classical Qigong, Taiji and martial arts. He is the author of 12 books on Chinese wisdom traditions and currently resides in Stockholm, Sweden. Please visit [www.masterwu.net](http://www.masterwu.net) for details.*



**Aberdeen, Scotland**