

XinYi 心意

Qigong and Internal Martial Arts

7-9 November 2014

Dai Family *XinYi* 心意 is China's most esoteric qigong and internal martial arts system. In this training, students will learn *HunYuanZhuang* 混元樁, the fundamental *XinYi* standing posture, and *XinJing* 心鏡, eight gentle movements designed to increase physical strength, nourish the joints and balance the mind. Students of all levels are welcome!

Where: *Jugendherberge Düsseldorf City-Hostel, Germany*

www.duesseldorf.jugendherberge.de

When: *7-9 November 2014*

Cost: *450€ (before 06 Sept) / 495€ (after 06 Sept)*

Cost includes tuition and meals

Register: *www.qigong-oberkassel.de/html/formular_eng.html*

Contact: *Corinna Flaig at masterwu@qigong-oberkassel.de*

Master Zhongxian Wu, a lifelong Daoist practitioner, is the recognized lineage holder of various forms of classical Qigong, Taiji and martial arts and author of 12 books (5 in Chinese) on Chinese wisdom traditions. He synthesizes wisdom and experience for beginning and advanced practitioners, as well as for patients seeking healing, in his unique and professionally designed courses and training programs. He and his wife, Dr. Karin Taylor Wu, live in Stockholm, Sweden.