

# Traditional Daoist Arts Lifelong Training Program with Master Zhongxian Wu

With annual opportunities to study traditional Daoist cultivation practices in a peaceful retreat setting, this program is designed to create communities of practitioners dedicated to the study of classical Chinese wisdom traditions. This year, we are pleased to be meeting on Flatön, an island in the Bohuslän archipelago - one of the top 10 greatest wilderness areas in the world!

## *Session 1 curriculum includes:*

- Chinese shamanic Qigong principles
- *Yijing (I Ching) I* – symbolism and numerology
- *Mt EMei Three Treasures Qigong*
- *Mt EMei Five Elements Qigong*
- Daoist internal alchemy meditation I

**Cost:** 12 250kr (includes lodging, meals and tuition)

**Location:** Greenstones EcoCentre Flatön, Sweden

**Contact:** [info@masterwu.net](mailto:info@masterwu.net)

*Master Zhongxian Wu, a lifelong Daoist practitioner, is the recognized lineage master of multiple schools of Qigong, Taiji and internal martial arts. He is the author of 12 books on ancient Chinese wisdom traditions and has been teaching in Sweden since 2010.*

[www.masterwu.net](http://www.masterwu.net)