

# 五行法氣功 5 Element Qigong

June 7-8, 2014

11:00-6:00pm

WuXingFa 五行法 (Five Element Qigong) is an essential Qigong form and internal alchemy practice from China's esoteric EMei ZhenGong 峨嵋真功 tradition.

In this course, students will learn how to work the essential components of internal alchemy: *HuoShui* 火水 (Fire-Water), *MuJin* 木金 (Wood-Metal) and *Tu* 土 (Earth) to create a relaxed mind-body dance that stretches and strengthens the entire body. Regular practice of Five Element Qigong harmonizes the five organ systems and enhances your vitality.

**When:** June 7-8, 2014; 11am-6pm

**Where:** Sun Gate Studio 2215 NE Alberta St. Portland, OR 97211

**Cost:** \$295

Save 15%! Register before May 8

**Register:** [www.masterwu.net](http://www.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 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. Master Wu has authored 12 books (5 in Chinese) on ancient Chinese wisdom traditions.*



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