

# Cosmic Orbit Qigong

with Master Zhongxian Wu

**All levels welcome!**

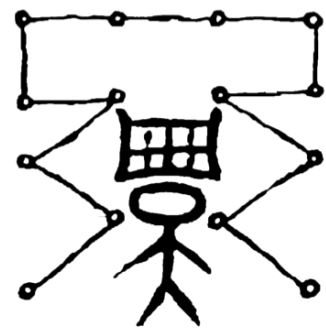
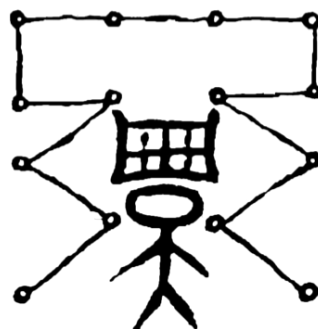
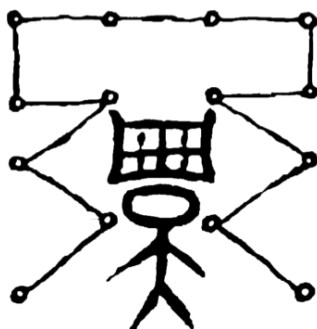
Cosmic Orbit Qigong is an essential Qigong form from China's esoteric *EMei ZhenGong* 峨嵋真功 tradition. In this class, students will learn the 12-movement form and receive a potent introduction to Daoist meditation techniques, including mantra and mudra to access our subtle energies.

**Half day class:** 11 October 2014  
14.00-17.00 (500kr)

**Weekly class:** Wednesday nights kl. 19.00-20.00  
Oct 29, Nov 5, 12, 19 (170kr drop-in)

**Where:** Bantingsgatan 41 (T-Gärdet)

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



*Master Zhongxian Wu, a lifelong Daoist practitioner, is the lineage holder of four forms of Qigong, Taiji and martial arts. He is the author of 12 books (5 in Chinese) on ancient Chinese wisdom traditions and has been teaching in Sweden since 2010. Please visit [www.masterwu.net](http://www.masterwu.net) for details.*

**Brantingsgatan 41 (T-Gärdet)**