

# *Lifelong Training Program*

*Session 1*

19-25 April  
2016

*with Master Zhongxian Wu*

With annual opportunities to meet with a growing qigong family, this program is an invitation to promote balance, peace, and harmony in your life. The purpose of this program is to create communities of practitioners dedicated to the study of Classical Chinese Wisdom Traditions to support each other on this path to deeper Knowing and Enlightenment.

*In Lifelong Training Level 1, students will learn:*

- Chinese shamanic Qigong principles
- *Yijing (I Ching)* I – symbolism and numerology
- *Shamanic Three Sources Qigong*
- *Five Elements Qigong*
- Internal alchemy meditation I

**Cost:** \$1800 (includes lodging, meals and tuition)

**Location:** Mt. Adams Lodge™  
25 Flying L Lane, Glenwood, WA 98619

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

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

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