

# Dragon Body

## The Secret of Daoist Internal Alchemy

October 8 10am-4pm

October 9 1pm-5pm

In Chinese culture, the dragon represents mystery, flexibility, transformation, spirituality, and power.

The 6 gentle, yet powerful movements of the Dragon Body practice awaken the transformative power of the dragon within and connects us with DaoQi 道氣.

Come shake your scales, sharpen your claws, coil your body, wind the Qi, weave the tapestry of the universe, and soar in the clouds!

Element: Center for Daoist Arts  
28 Warren St, 2<sup>nd</sup> floor NY, NY 10007

\$295

*Register by September 1 and enjoy complementary entrance to Friday night Tea Event!*

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

*Master Zhongxian Wu, a lifelong Daoist practitioner, is the recognized lineage holder of four traditions of classical Qigong, Taiji and martial arts and author of 12 books (5 in Chinese) on Chinese wisdom traditions.*