

Strengthen Your Qi, Enhance Your Healing Power, and Lift Your Spirit

Chinese Shamanic Healing Qigong *with Master Zhongxian Wu*

The Well, Ellicott City, MD 21043
Afternoons on May 24th & 25th, 2008
~ Limited space available ~

Qigong is a practice for cultivating inner knowledge and a method for moving into Tian Ren He Yi (the union of the human being and the universe). It is an ancient way of physical, mental, and spiritual cultivation. From the Qigong perspective, the body is a Qi (vital energy) network. One will maintain wellness if the Qi is free-flowing in this network. This ancient art for health maintenance, healing, and inner cultivation originated several thousand years ago in China.

This entire workshop will be conducted in the tradition of special shamanic Qigong in which a lineage-based Qi field is created and held to give participants an enhanced experience of Qigong. This workshop will focus on strengthening your Qi, learning self-healing skills, and lifting your spirit. You will learn:

- The concepts of Qi and Qigong
- The fundamentals of spiritual cultivation and Qigong healing
- The way to open the energy gates of your body
- Chinese shamanic healing Qigong meditation and movements
- The way to experience your Qi

Where: The Well
3711 Old Columbia Pike, Ellicott City, MD 21043

When: May 24th 12:30-5:00 p.m.; May 25th 12:00-4:30 p.m.

Cost: \$135 (Early registration – prior to May 10th)
\$180 (After May 10th)

Contact: Chinese Shamanic Wisdom Traditions
P. O. Box 42366, Portland, OR 97242
503-936-3390, www.masterwu.net

Master Zhongxian Wu is the recognized master of multiple lineages of classical Qigong, Taiji and martial arts. He is the author of *Vital Breath of the Dao – Chinese Shamanic Tiger Qigong*. His new book, *The Origin of Yijing 易經 – 8 Days to Mastering a Shamanic Yijing 易經 Prediction System*, will be published soon.



Master Wu synthesizes wisdom and experience for beginning and advanced practitioners, as well as patients seeking healing, in his unique and professionally designed courses and workshops. He is committed to bringing the authentic teachings of Chinese ancient wisdom traditions to his students. Please visit www.masterwu.net for details about his workshops.

Registration

Please make check or money order out to Zhongxian Wu. Fill in the form below and send it along with your payment to P. O. Box 42366, Portland, OR 97242.

(Payments will be 100% refunded if cancellation is made before May 10, 2008 and 50% refunded if after May 10, 2008)

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REGISTRATION FOR MASTER WU'S May 24-25, 2008 workshop

Name _____

Address _____

Phone Number _____

E-mail address _____