

# Internal Martial Arts and Qigong Cultivation

with

Master Zhongxian Wu

Charlottesville, VA January 17, 2010

~ 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. The body is a Qi (vital energy) network. One will maintain wellness if the Qi is free-flowing in this network. This ancient art and science for strengthening inner power and healing originated several thousand years ago in China. This workshop will help students learn:

- Fundamentals of Taiji & Qigong – Five Elements and Yijing Eight Trigrams
- Martial arts and healing applications of 8 movements of Taiji Qigong Mother Form
- History of Hidden Immortal Lineage

Master Zhongxian Wu is the recognized master of multiple lineages of classical Qigong, Taiji and martial arts. He 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 the author of Seeking the Spirit of The Book of Change, and of The Vital Breath of the Dao. Please visit [www.masterwu.net](http://www.masterwu.net) for the details about his teachings.

**Where:** Laughing Dragon Kung Fu  
3006 Berkmar Drive, Charlottesville, VA

**When:** January 17, 2010 10:00 am. to 5:00 p.m.

**Cost:** \$125 (Early registration – prior to January 1, 2010)  
\$150 (After January 1, 2010)  
Extra 20% off for students of Master Wu's Lifelong Program  
Or of Laughing Dragon Kung Fu

**Contact:** Master Wu at [qimasterwu@gmail.com](mailto:qimasterwu@gmail.com) OR 503-936-3390

## Registration:

Please make check or money order out to Chinese Wisdom Traditions. Fill out the form below and send it, along with your payment, to P.O. Box 146, Ivy, VA 22945



(Payments will be 100% refunded if cancellation is made before January 1, 2010, and 50% refunded if cancellation is made after January 1, 2010)

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**REGISTRATION FOR MASTER WU'S January 17, 2010 Workshop**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail address \_\_\_\_\_