

# Yijing, Taiji, and Qigong Cultivation

with

Master Zhongxian Wu

November 28-29, 2009

~ 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 health maintenance 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
- Methods for harnessing and controlling internal Qi & spiritual cultivation

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:** 134 SE Taylor at 2<sup>nd</sup> Ave (SW corner, entrance on 2<sup>nd</sup> Ave)  
Portland, OR 97214

**When:** November 28-29, 2009 10:00 am. to 5:00 p.m.

**Cost:** \$250 (Early registration – prior to November 16, 2009)  
\$295 (After November 16, 2009)  
Extra 20% off for Master Wu's Lifelong Program students

**Contact:** P.O. Box 42366, Portland, OR 97242  
503-936-3390, or visit [www.masterwu.net](http://www.masterwu.net)



Registration Please make check or money order out to Chinese Wisdom Traditions. Fill in the form below and send it, along with your deposit, to P.O. Box 42366, Portland, OR 97242.

(Payments will be 100% refunded if cancellation is made before November 16, 2009, and 50% refunded if cancellation is made after November 16, 2009)

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REGISTRATION FOR MASTER WU'S November 28-29, 2009 Workshop

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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