

Taoist Longevity Practices

Louden Nelson Center | Aug. 24-25 | Everyone is Welcome!



EIGHT PIECES OF BROCADE

Gentle stretching and turning movements combined with breath, loosens up the body, improves the circulation of the blood and chi, and strengthens the internal organs.

THE FIVE ANIMAL FROLICS OF HUA TUO

are therapeutic exercises, modeled after the Crane, Bear, Monkey, Deer, and Tiger. Each animal set develops and heals different aspects of the body, mind and spirit. The Five Animal Frolics is one of the oldest and most well known styles of qigong in China.

**FRIDAY
AUG 24
7PM-9PM**

&

**SATURDAY
AUG 25
9AM-5PM**

LOUDEN NELSON CENTER

301 Center Street
Santa Cruz, California

Deng Ming-Dao is an author, martial artist, and Taoist. Over the course of four decades, he has trained with five teachers in Taijiquan, the internal arts of Xingyiquan and Baguazhang, qigong, philosophy and meditation. He is known nationally and internationally for ten books including “Chronicles of Tao,” “365 Tao,” a book of daily meditations, and “Scholar Warrior,” a book showing how exercises, meditations, and philosophy combine into a single spiritual path. His most recent book is “The Wisdom of the Tao”. Deng’s books have been translated into sixteen languages.

COST:

before August 8 – \$100
after August 8 – \$125

REGISTER:

online at awakeningchi.org
click on events tab
or mail checks to Awakening Chi
745 Pine St., Santa Cruz, CA 95062

MORE INFO:

awakeningchi.org
or call Linda
831 334 7757