

Workshop with Master Deng Ming-Dao

Muscle & Tendon Change Qigong and T'ai Chi Ch'uan 24 Form

Louden Nelson Center

Jan 25-26

Everyone is Welcome!



The Muscle Change Classic

is one of two legendary sets of qigong from Bodhidharma, the twenty-eighth Zen patriarch. Preserved in the famous Shaolin monastery, this set of twelve simple exercises improves stamina, makes muscles both supple and strong, builds internal strength, and channels energy through the body's meridians. It has long been considered a fundamental approach to wellness.

Taijiquan 24 (T'ai Chi Ch'uan)

is an essential crystallization of Yang Family Taiji. It gives us effortless movement through relaxation and slowness. Deep breathing circulates internal energy throughout our body, allowing our tensions to ebb and our natural clarity to emerge. Regular practice brings improved health, fitness, muscular strength, and balance.

This workshop is a two-part workshop series, to be continued April 5-6

Friday
Jan 25
7pm–9pm

&

Saturday
Jan 26
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. Deng’s books have been translated into sixteen languages.

COST:

before Jan 12 – \$100
after Jan 12 – \$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