

TAOIST HEALING ARTS

Workshop with Master Deng Ming-Dao

January 3–4, 2020

Taoist Healing Arts Workshop

- Six Healing Sounds
- Eight Pieces of Brocade Qigong
- Taiji 10 Form
- Introduction to Push Hands and Reeling Silk Exercises

Friday, January 3, 7pm–9pm

Saturday, January 4, 9am–12pm

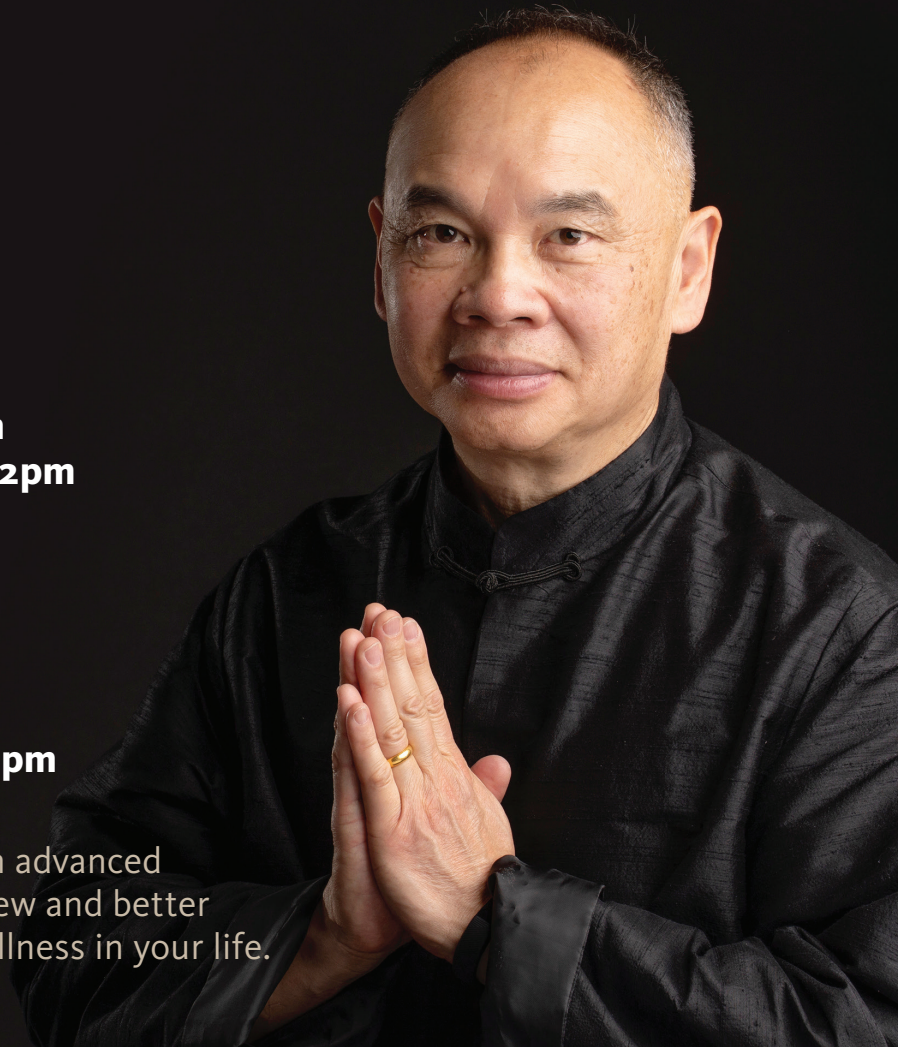
BONUS Workshop

*Taiji 24 Intensive

Refinement and review of
Taiji 24 Form

Saturday, January 4, 2pm–5pm

Whether you're a beginner or an advanced practitioner, you will discover new and better ways to cultivate this path of wellness in your life.



Deng Ming-Dao has trained in a variety of Chinese martial arts since 1975. His teachers have come from Beijing, Hong Kong, Taiwan, and two Taoist mountains, Huashan and Wudangshan. He has been most involved with the internal systems of Xingyiquan, Baguazhang, and Taijiquan, and he has given many popular workshops to introduce Chinese martial arts and Taoist wellness techniques.

In addition, he is an author, artist, and book designer. His latest book is *The Way of Heart and Beauty: The Tao of Daily Life* published in 2019.

Among his other books are: *365 Tao*; *Chronicles of Tao*; *Scholar Warrior*; *Everyday Tao*; *The Lunar Tao*; *The Living I Ching*; *Zen*,

The Art of Modern Eastern Cooking; *The Wisdom of the Tao*; and *Every Journey Begins With a Single Step*. His books have been translated into eighteen languages. His woodcut prints are in the collection of the Fine Arts Museum of San Francisco, Achenbach Foundation; Brooklyn Museum; San Francisco Museum of Modern Art; Oakland Museum; Plains Art Museum, as well as corporate and private collections.

Deng Ming-Dao has taught classes for his teachers and has given workshops for many years. He is able to bring rapid improvement to any student and he can present many complex ideas of Taoism and Chinese martial arts in an accessible way.

dengmingdao.com

Location

Louden Nelson Center
301 Center Street
Santa Cruz, CA

Cost

Taoist Healing Arts Workshop
\$100

Taiji 24 Intensive \$50

For both workshops:
by Dec. 20: \$125
After Dec. 20: \$150

Contact info

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