

# TAOIST HEALING ARTS

## Workshop with Master Deng Ming-Dao

April 17-18, 2020

**Qigong Workshop Friday, April 17, 7pm-9pm**

- Six Healing Sounds
- Eight Pieces of Brocade
- Muscle Change Classic

ALL ARE WELCOME

**Taiji 24 Form Saturday, April 18, 9am-12pm**

- Refinement and review of Taiji 24

Pre-requisite: Some understanding of Taiji 24.

**Taiji 48 Form**

**Saturday, April 18, 2pm-5pm**

- Taiji 48 Form, first section

Taijiquan 48 is a Yang Style set created in the 1970s. It has nearly all the same postures as a traditional Yang Style Long Form (achieved by minimizing repetition). Its virtue lies in circular and connected movements. Since its postures are more challenging to master than the old forms, it also imparts physical strength, improves balance, and enhances wellness.

We will be exploring this more advanced set in sections over a number of workshops. Experience in Taijiquan is recommended.



**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](http://dengmingdao.com)

### Location

Louden Nelson Center  
301 Center Street  
Santa Cruz, CA

### Cost

**Friday Evening Qigong Workshop**  
Cost \$50

**Saturday morning–Taiji 24**  
Cost \$65

**Saturday afternoon**  
**Taiji 48, first section**–Cost \$65

**Discount for all three workshops:**  
\$150 (by April 1, 2020)

### Contact info

Linda Gerson  
awakeningchi.org 831-334-7757  
Mail checks to: Linda Gerson  
745 Pine St., Santa Cruz, CA 95062