

MAWANGDUI DAOYIN SHU

Workshop Instructed by: Professor Wu Jia Qing
Chinese Health Qigong Association International Instructor



Sunday 20th November 2016

9:00am to 5:00pm

Mawangdui Daoyin Shu

Mawangdui Daoyin Shu presents a series of qigong movements based on those shown on the famous silk paintings excavated from the Mawangdui tombs of Changsha, Hunan Province. Dating from the Han Dynasty, these easy-to-learn movements work with the flow of vital energy through the meridians and encourage connection between the external movement of the body and the internal activity of the mind.

This course provides step-by-step, full instruction on the Mawangdui Daoyin Shu, with additional learning tips for each movement, and information about the health benefits.

This well compiled form will be of interest to experienced practitioners and beginners alike, and especially to those interested in the authentic connection with forms that were practised in ancient China.

BEGINNERS WELCOME

Auckland

Royal Oak Primary School Hall
(Manukau Rd Entrance)

\$90 per person

Registration is essential!



For Registrations:
wushu.works@gmail.com
Orlando: 021 560200

www.1wushu.co.nz