

Wu Dang Qigong Workshop



We will practice

- * 5 Standing Postures to develop our root energy and to generate Jing Qi (life energy)
- * 15 Movements to circulate the Qi in the meridians dissolving blockages
- * WuJi Meditation to transform Qi into Shen (spiritual energy)
- * Microcosmic Orbit Meditation- a healing Taoist sitting meditation

This workshop welcomes everyone from beginners to seasoned practitioners.

Date: Sunday February 26, 2017

Time: 10:30 am to 1:30 pm

Location: *The Studio on 4th Street*
1510 4th Street Suite #2
Berkeley, CA 94710

Fee: \$60

Contact: Marie Christine 510-599-3699
www.mariechristinecornet.com



Marie Christine Cornet is a certified instructor in Healing Tao, Sheng Zhen Qigong, and Supreme Science Qigong. She has studied extensively with renowned Qigong masters in Asia, Europe and the US. She loves to share what she has learned.