

Special Intensive Qigong Week

Event 1: Qigong in the World Week (August 2 – August 6, 2010)

We are offering our annual Qigong In-the-World Week again as a gift to our community! The week long of training around July 31 and August 8 has become a tradition of celebrating and remembering Master Zhang who brought Heavenly Essence Qigong to the public on August 8, 1987 and who passed away on July 31, 2006. All the Heavenly Essence Qigong practitioners from all over the world are invited to experience various forms of intensive practice during this week. The energy can be especially intensified during this occasion. The intention is to support each other's daily practice in growing the Gong. There will be a 30min Sword Finger Stance on a daily basis and some meditation practice. Familiarity with the three Dynamic Qigong exercises is recommended.

Time: Monday – Friday 6:30am – 8:30am

Price: Free. Donation to the teaching is always appreciated.

Location: Gruenwald Press, 1663 Mission St, SF, CA 94103. Entrance at Plum Street, right off the Discount Builders (Between South Van Ness & Mission). Door code 352. The week's practice will culminate in a 2-day weekend intensive workshop with Qigong Fasting training for those who seek to make a deeper commitment to Qigong study and healing, which will be the second time ever that we are offering the teaching of Qigong Fasting to the community.

Event 2: Qigong Weekend Intensive Training with Qigong Fasting August 7-8

We are offering this Qigong training to celebrate the 23rd Anniversary of Master Zhang's coming out to teach since August 8, 1987. The weekend workshop can be taken without attending the week long morning training although, it is highly recommended in order to experience a greater benefit of this intensive week.

Time: Sat & Sun August 7-8, 2010 9am-4pm

Price: \$185 before August 4; \$215 after August 4

Please submit your payment to: Qi Dragon 275 20th Ave, SF, CA 94121

Location: Gruenwald Press, 1663 Mission St, SF, CA 94103. Entrance at Plum Street, right off the Discount Builders (Between South Van Ness & Mission). Door Code 352. For Saturday, you can easily park on Plum Street where it is marked red. The sign says no parking Mon-Fri only or you can park on Duboce St near Valencia. Sunday, parking is free at all meters.

The general schedule format is the same as a regular Qigong Intensive Day but with added lecture time on Qigong Fasting and some new practice.

All participants are recommended to do a One Day Qigong Fasting together on Sunday. Qigong Fasting or Bi Gu is a very important technique in cultivation and healing in the Daoist practice/tradition. Qigong Fasting is not simply stopping eating or starving oneself. It is about intaking the True Qi (Zhen Qi) through proper Qigong exercises and understanding the healing process on a deeper level while fasting. Please see separate sheet of this workshop for the application form. Preregistration is required for this event!