



10 Week Swimming Dragon Beginners Workshop

Instructor: Liping Julia Zhu L.Ac.

Jan 15 – Mar 19, 2010

Taiyi Swimming Dragon Chuan originated from Wudang Mountain in China is Daoist master Yu Anren's family heirloom. It is a unique and graceful form combining Tai Chi, Qigong, and yogic stretching into one. It is very good for circulating and cultivating Qi and for enhancing balance, flexibility, and coordination. This form is taught in three short forms which can be studied separately.

In this 10 week workshop, we will study step by step the First Short form of Swimming Dragon Chuan. Please notice the specific dates. No previous Taichi experience necessary.

Time: Fridays 7:30am – 9am
Starting Jan 15

Location: Golden Gate Park at 6th Ave & Fulton (the Roller Skater's Court between Fulton Ave & J F K Drive)
(Rainy days change to : Gruenwald Press @ 1663 Mission St, entrance on Plum Street between Mission and South Van Ness, Door Code 352)

Cost: \$225

No refund once workshop starts.
Please register by Jan 13. Class is limited to 25 students.

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10 Week Swimming Dragon Workshop Registration Form

Name: _____ Email Address: (Please Print) _____

Mailing Address: _____

Cell Phone# _____ Home Phone# _____

Enclosed Payment \$ _____ Current ACTCM Fulltime Students Yes _____

Complete form with payment to: Qi Dragon Healing Center, 368 Page St, SF, CA94102