



Qi Dragon Healing Center

Presents

Swimming Dragon Tai Chi, Qigong, and Meditation Seminar in Los Angeles

Saturday September 11, 9am – 4pm

Sunday September 12, 9am -1pm

With Liping Julia Zhu

Come join us doing this beautiful and gentle Swimming Dragon form that combines tai chi, qigong, and yogic stretching.

Taiyi, Swimming Dragon Chuan, which originates from Wudang Mountain in China, is a Taoist internal style of martial arts, emphasizing both the inner and outer practice. It is a form for circulating and cultivating qi and for enhancing balance, flexibility, and coordination. With patient practice, Swimming Dragon Chuan can greatly improve your health and sense of well-being.

The seminar will be held outdoors, at the home of Deborah and Paul, on the Venice canals in LA.

Fees: \$175 for Saturday only; \$250 for Saturday and Sunday. Tea and Lunch included both days.



Registration: Contact Tony Piscitelli, 310.398.3105 or email: jilltone@ca.rr.com

Please R.S.V.P. by August 15. Space is limited!!

Beginners and the experienced are all welcome

Liping Julia Zhu, L.Ac., founder of the Qi Dragon Healing Center in San Francisco, is a certified Qigong instructor from China and a disciple of Taoist Master Yu Anren. She is the Qigong instructor at the American College of Traditional Chinese Medicine, a licensed acupuncturist, and a long time Zen practitioner at the San Francisco Zen Center. She is also a gold medalist in the 1996 International Martial Arts Tournament.

**For additional information about Liping and Swimming Dragon,
please see www.qidragon.com**