



Ocala, Florida Seminar With Master Wu Dang Chen March 10 – 13, 2023 Register Now!



Join us in celebrating that after several years, Master Chen is coming to Florida! Experience a great variety of classes: **SHARE WITH YOUR FAMILY & FRIENDS!**

https://wudangchen.com/

FRIDAY EVENING - 6:00 pm to 8:30 pm

Introduction to Nourishing Life with Meditation

A practical solution using nourishing life techniques to provide the best quality of life. Learn to use mind and breath to prevent diseases, strengthen your immune system and cultivate healthy, joyful longevity. Achieving deep union with your spirit, while taking full control of your own health.

Learn to thrive during these times, not just survive! Fee: \$40

SATURDAY MORNING - 9:00 am to 12:00 noon

12 Pieces Brocade

The form name refers to how the 12 specific movements impart the smooth quality of silk to the body and its Qi flow. Each movement promotes and fosters the functions of the five principle organs: heart, spleen, lung, kidney and liver. When organ function is optimized, your body and immune system will be strong. **Fee: \$65**

SATURDAY AFTERNOON 1:30 - 4:30 pm

Dao Yin Qi Gong

Said to be the oldest and most diverse form of Chinese exercise, pre dating Qi Gong

It helps to guide and promote the free flow of energy Qi. Also it's said that Dao Yin helps improve the immune system, muscular coordination and speeds recovery. it's known for rejuvenating properties, strengthening of the organs, along with the movements being designed to improve heart, balance, coordination, concentration, memory and respiratory function. Fee \$65

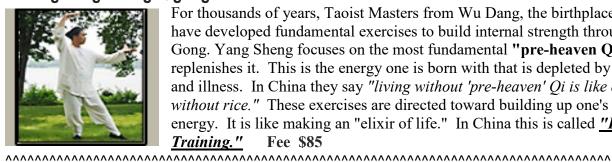
SUNDAY 9:00 - 10:00 am

Bring your questions and join Master Chen for a Q & A session Free

SUNDAY LIVE LECTURE 10:30 – 11:00 am https://www.daousa.org/ click on Sunday Lecture or https://www.facebook.com/DaoUSA.org Free

REGISTRATION DEADLINE MARCH 5, 2023

SUNDAY 12:00 - 5:00 pm Wu Dang Yang Sheng Qigong



For thousands of years, Taoist Masters from Wu Dang, the birthplace of Tai Chi, have developed fundamental exercises to build internal strength through Oi Gong. Yang Sheng focuses on the most fundamental "pre-heaven Qi" and replenishes it. This is the energy one is born with that is depleted by life's stress and illness. In China they say "living without 'pre-heaven' Qi is like cooking without rice." These exercises are directed toward building up one's bank of energy. It is like making an "elixir of life." In China this is called "Immortality Fee \$85 Training."

Your Personal Life Roadmap!

1 hr private session \$195

The greatest gift to yourself is a private Yi Jing session with Master Chen.

Yi Jing, known in the Western world as I Ching, is a science based Art that accurately decodes one's personal numerological matrix. This ancient and traditional knowledge comes from the oldest known written record from over 4,000 years ago.

This **sacred knowledge of Yi Jing** directly decodes one's spiritual DNA, helping one to make changes in real life according to the mystical Dao of Yin-Yang () and Bagua (8 Directions).

Longmen school of **Yi Jing** has been passed down by 24th generation Daoist master, Li Cheng Yu to her disciple. 25th generation Daoist priest Yun Xiang Tseng better known in the West as Wudang Chen

Yi Jing gives you the "bird's eye view" of your life journey, answering the following concerns:

- Who am I?
- Why am I here?
- What is my mission in this journey?
- How can I plan my life? (in three stages: youth, middle age, wisdom/legacy years)
- How can I have the best productivity in the journey?
- How can I reach the spiritual realm?
- What are your strengths and weaknesses? Understand how to transform them https://viiinamvlife.com/benefits.php

FEW SPOTS LEFT, CLAIM YOURS!

Address: 9401 SW Hwy 200 Building 5,000 Conference Center Ocala, Fla 34481 Questions, Registration contact: Kristina: 303-720-0666 or

wudang lotus@vahoo.com

Shifu Chen Ocala Seminar 03 2023 Updated

Program or directions questions contact Nuris: 352-302-7760

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