



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

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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**

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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

