

The 17th International Seminar on Taiji and Qigong

July 31-August 7, 2015, Wudangshan, Hubei, China



Instructor: Master Fengming Wang, 2013 recipient of "Successor of Chinese Non-material Cultural Heritage"

Schedule: August 1-7 9:00-12:00: Chen style Hunyuan Taiji form

1. Movement correction;
2. Improving neigong;
3. Martial application;
4. Single movements, combined form and application of the eight energies of Taiji

August 1-7 14:30-17:00: Qigong

1. Internal dan exercise;
2. Taiji stick and ruler qigong;
3. Zhan zhuang gong

Check-in: July 31

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Total cost: \$980 per person (includes hotels, 3 meals/day, park tickets, tour guide and tuition; airfare not included)

Hotel: Wudangshan Hotel (武当山宾馆) (4 Star)

Tel: 86-719-5658222 / 5665548 Web: www.wdsbg.net

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Organizer: King of Neigong International Taiji Academy