



Over hundreds of years, Ancient Wudang Monks have developed this group of internal practices which combine physical fitness, internal work, and attack & defense into one. Wudang Five Animal Qigong is one of the most important exercises practiced by the Wudang Monks. Historically, Wudang Monks were required to practice these five forms daily. This practice is comprised of five major forms including Tortoise, Snake, Dragon, Tiger & Crane. This grouping of forms is derived from some of the most powerful & treasured creatures in traditional Chinese culture.

For beginners or experienced practitioners: The movements are easy enough for the novice, while being challenging for those experienced with other forms of Qigong, Tai Chi, and other martial arts.

Master Bing is an authentic Master from Wudang Mountain, China. It is a rare opportunity to study with a true Wudang Master.



LIMITED TIME ONLY

Straight from Wudang Mountain, China

**Zhong Xue Chao,
aka "Master Bing"**

WUDANG FIVE ANIMAL QIGONG & TAI CHI 28

Seminar:

7 Saturdays:

3-4, 3-8, 3-15, 4-19, 4-26, 5-10, & 5-24

9:30 am - 10:45 am

**TeWinkle Park
Costa Mesa, CA**

To Register or for more information:

Contact Carol@wudangdao.com

or call Carol at (714) 497-5571

For more information about Master Bing, please visit www.wudangdao.com