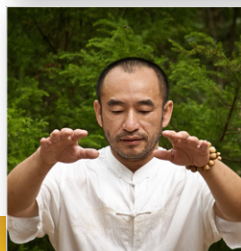


# Taoist Elixir Qigong Workshop

Belief, Passion, Commitment  
Truth, Compassion, Love  
The Spirit of Wuji Dalai



***“The use of the Tao is: ‘body covert to qi, qi covert to spirit, spirit covert to void’. What distinguishes the use of the Tao is its state of emptiness and brightness, everything is open and coherent, existence and emptiness are interlinked; this is the motion of returning to Tao”***

- In this workshop we will study the most famous of Taoist ‘Nei Dan-Elixir’ charts - the Neijing tu. • Explore three phases breath method including: The skill of Natural breath and Wuji breath. • Experience the reverse breath method including: The skill of perineum, solar plexus and throat breath. • Learn the skill of foetus breath including: Experiencing what Taoist describe as ‘return to the origin, the nothingness and infinite.’ Emit and harmonise your qi through three realms: the physical, the inner and the spiritual

**2:00 - 5:30pm Saturday 26 April Cost: \$80**

Melbourne Girls College, Yarra Boulevard, Richmond

[www.ziranqigong.com](http://www.ziranqigong.com)

**Book online at [register.ziranmen.com.au](http://register.ziranmen.com.au)**