

# Qi Gong Workshop with Dr. Yang Jwing-Ming

## Shaolin Muscle/Tendon Changing 易筋經 and Brain/Marrow Washing Qi Gong 洗髓經氣功

Learn directly from world-renowned master and scholar Dr. Yang Jwing-Ming, founder of Yang's Martial Arts Association (ymaa.com). These QiGong techniques, passed down from Bodhidharma of Shaolin Temple, can help you improve your spiritual and physical health. This 12 hour workshop will include basics of Qi Gong and techniques of Grand Circulation.

**Sat. & Sun. Nov 12-13, 2016**

**9:30 AM - 4:30 PM**

**Chinese Culture Center**

10303 Westoffice Dr, Houston, TX 77042



**\$200 per person** Lunch included  
(Vegetarian option available, please request when registering)

# Tai Chi Push Hands Workshop with Dr. Yang Jwing-Ming

## Learn to use Tai Chi for self-defense

In addition to learning Tai Chi forms and Qi Gong, practitioners should also consider learning how to do Tai Chi push hands. Push hands is a form of two-person Tai Chi practice which gradually allows practitioners to develop the skills and reflexes needed to use tai chi chuan as a martial art fighting style.

*All levels welcome.*

**Friday Nov. 11, 2016**

**6 PM - 9 PM**

**Tracy Gee Community Center**

3599 Westcenter Dr, Houston, TX 77042

**\$50 per person**



Please RSVP to: Ernie Wu, Wu Martial Arts Association  
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