

For the first time Damo Mitchell will be teaching the internal practices of Lotus Nei Gong in the U.S.

## The Yoga Center is Proud To Host a Special Weekend with

# Damo Mitchell

## Daoist QiGong & Nei Gong

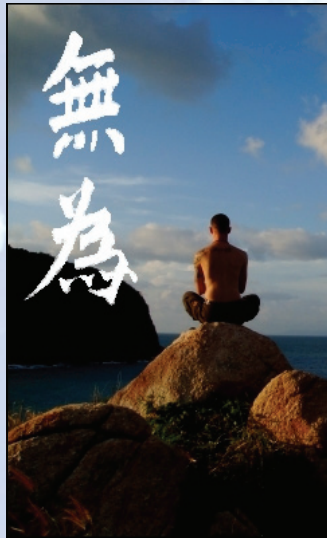
### Friday, October 5 - Sunday, October 7, 2012

#### Friday Oct. 5th: 7-8.30pm FREE Introductory Evening & Book Signing

This is a free event for those who would like an informal introduction to Daoist Nei Gong practices. Damo will give an overview of the Daoist internal arts and talk about the philosophy which underpins his teachings as well as answering questions and discussing Daoism. The evening will conclude with some internal practices as a warm-up for the weekends events. Damo will also be available to sign his books/cds for participants.

#### Saturday Oct. 6th: 10:30am-6:00pm \$130 Nei Gong Foundations

This day long workshop will look at the core practices of Sung breathing and Daoist QiGong exercises. A strong foundation will be built and then the initial layers of Nei Gong training will gradually be added to the practice. The emphasis will be on gaining an understanding of the Daoist internal systems and freeing up blockages from the body.



Register for the entire weekend with Damo for \$255  
For more information visit [www.lotusneigong.com](http://www.lotusneigong.com)

#### Saturday Oct. 6th: 7-9pm \$25 Daoist Meditation

On the Saturday evening, those who wish may join Damo for a special class which looks at the practice of Daoist meditation which is also known as Internal Alchemy. Teaching will focus on initiating the firing process within the lower Dan Tien and awakening the small water wheel of Qi.

#### Sunday Oct. 7th: 10am-4pm \$100 Daoist Nei Gong Practice

On the Sunday Damo will be teaching a day long workshop on the more advanced elements of Nei Gong training. The focus will be on gaining conscious control of the energy system and awakening it to clear pathogens from the energy body. Please note that some of the material in this workshop will be fairly advanced and so participants should have either prior knowledge of the internal arts or have attended the workshop on Saturday.



**Damo Mitchell** – Author and Daoist Arts Teacher, teaches through a combination of practical exercises, theoretical lectures and direct transmission. Over the course of the weekend students will be encouraged to explore and understand the philosophy of Daoism as well as its practices. More information on Damo is available at [www.lotusneigong.com](http://www.lotusneigong.com). The workshops are being hosted by Karl Ardo and his school 'Moving in Stillness LLC'. The Moving Stillness website can be found [www.movinginstillness.com](http://www.movinginstillness.com).

### Registration Form

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at [www.columbiayoga.com](http://www.columbiayoga.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone # : (Days) \_\_\_\_\_ (Nights) \_\_\_\_\_

E- Mail: \_\_\_\_\_

Please sign me up for the Workshop(s) with Damo:  Entire weekend with Damo, Oct. 5 - Oct. 7, Total Cost \$255

FREE Intro. Evening/Book Signing, Friday, Oct. 5th: 7-8.30pm  Nei Gong Foundations, Saturday, Oct. 6th: 10:30am-6:00pm \$130

Daoist Meditation, Saturday, October 6th: 7-9pm \$25  Daoist Nei Gong Practice, Sunday, October 7th: 10-4pm \$100

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_