



# QiGong

## with Solala Towler

Friday, May 4 - Sunday, May 6, 2012

**Friday, May 4, 2012 7pm - 8:30pm**

**Free Talk and Book / CD Signing**

Solala will be reading from his book *Tales From the Tao* as well as giving a free demonstration of QiGong.

**Saturday, May 5, 2012 10:30am - 4:30pm \$100**

**Wuji (Primordial) QiGong**

Wuji Gong was founded by Zhang San Feng, the originator of Taijiquan, (Tai Chi) in the Ming Dynasty, some 600 years ago. This ancient and magical Daoist QiGong form combines movement, breathing and visualization, stimulating the flow of qi (vital force) for health and longevity. By working with the primal energies of the five directions (including the center) and the qualities of each direction, the practitioner is performing an energetic ritual, one that has been done in China for 600 years! This class is open to beginners as well as experienced students of QiGong and will include basic QiGong theory, Daoist cosmology, & healing meditation. This day will be a "yang" day of external movement accompanied by internal vision.

**Sunday, May 6, 2012 11:00am - 6:00pm \$100**

**Chinese Essence QiGong**

No experience is necessary to practice this easy-to-learn, yet very powerful QiGong. "We access the qi," says the creator of this form, Chen Fu Yin, "so that we can allow for the emergence of the shen or spirit." In this way QiGong becomes a deeply spiritual practice.

The benefits of better health, more vitality, clearer emotions, and stronger immune system are all doors into the great realm of the spirit, where true healing lies.

This day will be a more "yin" day of internal vision along with gentle movement.

(Can be done in a chair for the alter-abled.)

**Save \$20 when you register for both days.  
Join us Saturday and Sunday for only \$180**

**Solala has been teaching QiGong for 23 years. He has been the publisher of *The Empty Vessel: The Journal of Daoist Philosophy and Practice*, since 1993. He has had 12 books on the Daoist arts published and has recorded four cd's of meditation/QiGong music. In addition, he is a founding board member of the National QiGong Association and leads yearly tours to China to study QiGong and meditation with Daoist teachers in the sacred Wudang Mountains.**  
[abodetao.com/CommunityAwake.com](http://abodetao.com/CommunityAwake.com). [solala@abodetao.com](mailto:solala@abodetao.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 Solala Towler QiGong Workshop(s):**  May 4, Talk & Book/CD Signing, 7pm -8:30pm, Free

(Save \$20) Register for Saturday, May 5 Wuji (Primordial) QiGong & Sunday, May 6, Chinese Essence, Total Cost \$180

May 5, Wuji (Primordial) QiGong, 10:30am - 4:30pm, \$100  May 6, Chinese Essence QiGong, 11am - 6pm, \$100

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

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