

First Time on the East Coast!

2 day Tai Chi and Qigong Workshop

with Internationally known Tai Chi and Qigong Master
JESSE TSAO

Open to everyone from beginners to experts including Tai Chi/Qigong teachers

Saturday April 27 and Sunday April 28, 10 AM - 5 PM

Attend one or both days! \$200 both days, \$120 one day

Sunday program includes Certificate

in Master Tsao's "Tai Chi Bang/Stick: Eight Immortal Flute"

In Durham at the ARK, DUKE UNIVERSITY EAST CAMPUS

14 Epworth Dorm Lane, Durham, NC



Jesse Tsao is an internationally recognized Tai Chi master, Qigong therapist, and teacher, founder of Tai Chi Healthways, www.taichihealthways.com.

A 12th generation direct-line lineage holder of Chen style, Master Tsao has taught workshops around the world. Born and trained in China, he's practiced Tai Chi for over 40 years, including 10 years intensive study with world-renowned grandmaster Li Deyin in Beijing. Tsao is a gold medalist in the Beijing Collegiate Wushu Competition.

PRE-REGISTRATION A MUST!

First come enrollment, space limited.

\$100 deposit for both days, \$60 deposit for one day (Saturday or Sunday)

Sign up online at www.boundlesspotentialliving.com/jessetsao.html

or send deposit check to Barbara Penn/Boundless Potential Living, Box 150, Merry Mock Hill Rd, Southern Pines, NC 28387. If attending one day, note "Saturday" or "Sunday" on check.

SATURDAY PROGRAM

Simple Qigong: (First hour and a half) Master Tsao will teach you Qigong as an alternative medicine for disease prevention and promoting better health.

Tai Chi Symbol Tracing Hands & Application: The Tai Chi diagram is the foundation on which Tai Chi was born. More than a symbol or philosophy, Tai Chi's principles and secret application methods are hidden within the symbol's curved lines. Master Tsao provides traditional understanding on the art of tracing hands' energy flow, circle size, speed, breathing, as well as Tai Chi's eight application methods in push hands: peng, lu, ji an, cai, lie, zhou, kao.

SUNDAY SPECIAL CERTIFICATE PROGRAM

Tai Chi Bang/Stick: Eight-Immortal Flute:

Created by Jesse Tsao, an energy practice based on characteristic Tai Chi postures combined with traditional Chinese self-healing meditation and self-defense kung fu. The movement of the Bang (stick) imitates the movement of the qi inside the body. Includes 36 movements divided into 3 sections, many inspired by Chen silk reeling, Taoist meditation, martial arts. **Certificate program:** Session I: Develop relaxation, concentration, balance. Section II: Joint flexibility, coiling energy, arm strength, etc The day ends with **Tai Chi Bang/Stick for Self-Healing Massage**.

More info and register at www.boundlesspotentialliving.com

