

2018 Health Qigong Workshops

健身气功骨干培训班

With Health Qigong Masters from China

中国健身气功大师指导

Chinese Health Qigong

Ancient health enhancing exercises for modern fitness

健身气功 — 古法今用的养生之道

Thu. 11/08 • 6 pm - 8 pm

Health Qigong Workshop

健身气功培训班

@ Shaolin Temple USA Fremont Culture Center
佛利蒙少林文化中心 ◆ 4343 Peralta Blvd., Fremont
Open to all Shaolin Temple USA students
少林文化中心学员专场

Form 功法: Shi Er Duan Jin 《十二段锦》

Fri. 11/09 • 11:30 am

Health Qigong Workshop

健身气功示范与体验教学

@ Stanford University 斯坦福大学

For Stanford faculty & staff 斯坦福大学教职员专场
Form 功法: Five Animals Frolics 《五禽戏》

Developed by the famous doctor Hua Tuo in the Eastern Han Dynasty (25-220 AD) by mimicking the movements of five species of animal: tiger, deer, bear, ape and bird. 《五禽戏》是中国东汉(公元25-220年)名医华佗根据虎、鹿、熊、猿、鸟活动特点编创的健身方法。

Fri. 11/09 • 6:30 - 8:30 pm

Health Qigong Seminar

健身气功专题讲座

@ Nine Star University of Health Sciences

河洛医科大学 ◆ 441 De Guigne Drive, Sunnyvale, CA
Open to the public. Free admission. 免费公开讲座

Sat. & Sun. 11/10-11

• 9 am - 12 noon

Health Qigong Certificate Workshop

健身气功骨干培训班

@ Shaolin Temple USA Fremont Culture Center

佛利蒙少林文化中心 ◆ 4343 Peralta Blvd., Fremont

@ Shaolin Wellness Center 少林禅武医养生中心

◆ 860 Stewart Drive, Sunnyvale (at De Guigne Drive)

Form 功法:

Ma Wang Dui Dao Yin Shu 《马王堆导引术》

Based on an unearthed silk scroll from the Western Han Dynasty (202 BC - 8 AD). Emphasizes coordinated mind and form. 《马王堆导引术》是依据湖南长沙出土的西汉(公元前202-公元8年)帛画《导引图》所创建的健身方法。

Fee: \$200/person for Certificate of Completion, after completing a total of 6 hours of training on 11/10 & 11.
费用: 每人\$200, 完成两天共6小时课程授予培训证书。

Chinese Masters 导师

◆ LI, Jinlong, Ph.D. 李金龙
Vice Dean, Professor
School of Chinese Martial Arts
Shanxi University
山西大学武术学院 副院长、教授

◆ LIU, Xuedong 刘学东
President
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黑龙江佳木斯市体育总会 会长

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Lecturer of
Health Qigong & Chinese Medicine
Chengdu University
成都大学 讲师



Hosted by 联合主办:

Shaolin Temple USA
Chinese Health Qigong Association
旧金山少林文化中心
中国健身气功协会

Supported by 支持:

Nine Star University of Health Sciences
河洛医科大学

Sign up 报名:

◆ Shaolin Temple USA
www.ShaolinUSA.us
510-818-9966
◆ Nine Star University
408-532-5567

About 有关健身气功:

Chinese Health Qigong
www.ihqfo.org/en • www.chqa.org.cn

