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It is a powerful 24-movement Qigong form, that integrates posture, movement, mind & breath and combines the traditions of ancient Shamanism, Confucianism, Daoism, **Classical Chinese Medicine, and the Martial Arts. It was taught directly to Ro-z & Darryl by Master Zhongxian Wu, who gives detailed instruction, on the form, in his book and dvd entitled Vital Breath of Dao: Chinese Shamanic Tiger Qigong.

Master Zhongxian Wu & Shamanic Tiger ☐ Monkeys Retreat

Since the publication of his first, groundbreaking book twelve years ago, Wu Zhongxian has become an important voice for the Tao in the western world, renowned for the clarity and practicality of his approach to teaching western students the ancient Taoist art and science of energy work, one of China's greatest gifts to the world.

Chinese Shamanic Tiger Qigong Book - Master Zhongxian Wu

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Description. Chinese Shamanic Tiger Qigong is a uniquely potent practice designed to bolster our health and deepen our spiritual connection to universal energy. Lineage holder, Master Zhongxian Wu provides detailed instruction in this powerful 24-movement Qigong form from China's shamanic Mt. Emei tradition. The tiger is a symbol for shamanic power and for Qi, especially ZhengQi 正氣.

Chinese Shamanic Tiger Qigong DVD - Master Zhongxian Wu

Chinese Shamanic Tiger Qigong is a qigong form to bolster our health and deepen our spiritual connection to universal energy. Master Zhongxian Wu provides a previously secret knowledge of how each movement in the practice relates to the meridians, for advanced students and practitioners of Qigong. This qigong book shows the philosophy and cultivating method of the Tiger Qigong form and unlocks the mysterious internal alchemy principle of LaoHu (Shamanic Tiger) Gong.

Chinese Shamanic Tiger Qigong by Master Zhongxian Wu

Interview with Master Zhongxian Wu, Singing Dragon Newsletter. January 2012 中国 Shamanic Cosmic Orbit Qigong. 杨生, June 2011: 7-8 辟谷食气: 避免食物和吃气. 空杯: 道家哲学和实践, 春季 2011: 26-32 中国占星和内在培养.

Publications 中国智慧传统

Master Zhongxian Wu. Master Zhongxian Wu was born on China's eastern shore in a small

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coastal mountain village in Zhejiang Province, where the sun's rays first touch the Chinese mainland. He began practicing Qigong and Taiji at an early age. Inspired by the immediate strengthening effects of this practice, he committed himself to the life-long pursuit of the ancient arts of internal cultivation.

Chinese Wisdom Traditions □ Master Zhongxian Wu

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Vital Breath of the DAO: Chinese Shamanic Tiger Qigong ...

Master Zhongxian Wu has been teaching Qigong since 1988. He is the lineage holder of four different schools of Qigong and martial arts. He is author of 13 books (5 in Chinese) on Chinese wisdom...

Chinese Shamanic Tiger Qigong: Embrace the Power of ...

Master Zhongxian was born in in the city of Wenling in Zhejiang Province. Master Wu practiced Qigong and Taiji when he was a little boy. Since 1972 Master Wu has devoted himself to the study of classical Chinese arts □ Qigong/Neigong, Taiji, internal martial arts, Chinese medicine, Chinese astrology, Chinese

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Master Zhongxian Wu, a 1989 graduate of XiDian 西安 University in Xi'an China, worked as a Aerospace Engineer in Xi'an for 12 years. He also served as Director of the Shaanxi Province Association for Somatic Science and the Shaanxi Association for the Research of Daoist Nourishing Life Practices.

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The primary resource for the material presented originates from the author's intensive decade-long study under shamanic teacher, Master Zhongxian Wu. Several color illustrations and before-and-after patient photos are included that beautifully depict the spirit-based diagnostics and treatments.

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