



Blue Mountain Meditation Workshop

For inner peace and joy, health, and wisdom

This workshop will be led by Master Shan-Tung Hsu. For many decades, along with teaching Feng Shui and Chi-Energy, Master Hsu has been leading Eastern meditation workshops in the U.S., Eastern Europe and South American countries.

This meditation workshop will focus on:

- Taoist meditation, including posture and the mindset
- Pre and post meditation warm-up and exercises
- Chi-energy cultivation to enhance meditation - Spinning Dragon, chi-gong
- Mind calming breathing
- Discussions

This will be a small class and will be limited to 12 people

DATE/TIME: We will be offering two options for this meditation workshop

Option 1: One full day session – Saturday, July 30, 2016
9:00 a.m. to 4:00 p.m.

Option 2: Two Evening Sessions – Monday, August 1 and Tuesday August 2, 2016
6:30 p.m. to 9:30 p.m.

PLACE: 14771 NE 3rd, St. Unite 19, Bellevue, WA 98007

TUITION: \$120.00 via Paypal Account - shantunghsu@gmail.com or by Check

REGISTRATION: To register please email ShantungHsu@gmail.com