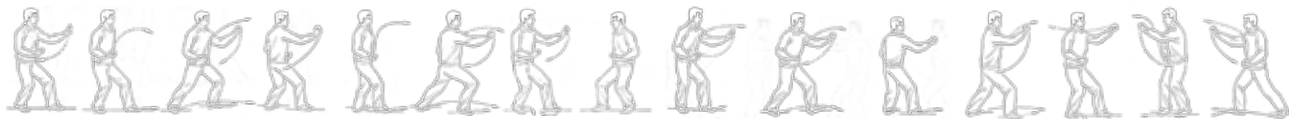


HEALING

Body, Mind, & Spirit

Xingyiquan, Standing Meditation, Marrow Washing Classic Qigong
A Ten-Class Series, Sundays, September 24–December 3



When I was studying with my master years ago, someone came to him with psychological problems. My master listened, but didn't discuss the difficulties directly. He taught the person Xingyiquan and they recovered. Another came to him who was physically weak. Again, my master taught them Xingyiquan and the student's legs became stronger. Another said that they felt a schism between mind and body. Again, the solution was Xingyiquan.

Why did that work? Xingyi, means *form* (body) and *mind*. *Quan*, means *fist* and designates a martial art system. Xingyi unifies the body and mind. It is based on the Five Phases (Wuxing), the basis of Traditional Chinese Medicine. Practicing Xingyiquan cultivates the energy of the lungs, kidneys, liver, heart, and spleen; balances the emotions; builds a powerful body; and unifies the mind.

Xingyiquan is particularly allied to Standing Meditation (Zhanzhuang,) and we'll study how that builds internal energy and strong concentration.

Bodhidharma's Marrow Washing Classic is a traditional qigong set. It's designed to make a person stronger, circulate energy, improve balance, and increase coordination. This set was detailed in the book *Scholar Warrior*.

Whether you are interested in healing, strengthening, or understanding more about traditional Chinese martial arts, you'll benefit from the internal arts!

Here's what you'll learn in this ten-week series:

- Warm-ups and stretches
- The Five Movements of Xingyiquan
- Simplified Linking Form (combining all five movements)
- The Marrow Washing Classic Qigong
- Standing Meditation

See the next page for a full curriculum and schedule.

Cost is \$180 until September 15, 2023; \$200 until September 21, 2023.

Classes will be held at 10:50 AM–12:00 PM Pacific time. A Zoom invitation with password will be sent on the Friday prior to each weekend. Any reference materials will be attached to the invitations. A link to a video recording will be sent after each class. The videos remain available for at least a year after the conclusion of the series. (No class on November 26.)

Register at: <https://www.dengmingdao.com/xingyiquan/>

What People Have Said About Previous Classes

Thank you for an amazing series with Taiji48. You were so patient and thoughtful in making each section doable for all of us. It is a joy and inspiration to be studying with you – present tense because every time I watch a video, the joy and inspiration is present!
—Phil T.

I appreciate your kind, patient and detailed style of teaching. I had a productive and very enjoyable time in this workshop. I learned a great deal and now have much material to practice.
—Tammy B.

Each of the five courses that I have taken from you has been excellent. I have learned a great deal, not only about the theoretical and spiritual foundations of each art, but the martial aspects as well. The coursework is holistic and addresses the entirety of the person. I am absolutely thrilled that I have had the opportunity to take courses with you.
—Lisa P.

Deng Ming-Dao is a writer, artist, and teacher. He is the author of numerous books on Taoism, including the best-selling *365 Tao*, *Scholar Warrior*, and *The Lunar Tao*.

Ming-Dao has trained in Chinese martial arts since 1975. His teachers have come from Beijing, Hong Kong, Taiwan, and two Taoist mountains, Huashan and Wudangshan. He has been most involved with the internal systems of Xingyiquan, Baguazhang, and Taijiquan, and he has given many workshops in Chinese martial arts and Taoist wellness techniques.

dengmingdao.com



SCHEDULE AND CURRICULUM

Class 1: September 24

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (postures 1,-4)
- Standing Meditation
- Santi, the opening form and basis of all Xingyi
- Xingyi 1. Metal: Splitting



Class 2: October 1

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (postures 5,-8)
- Standing Meditation
- Xingyi 2. Water: Drilling



Class 3: October 8

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (postures 9,-12)
- Standing Meditation
- Xingyi 3. Wood: Crushing



Class 4: October 15

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (postures 13,-16)
- Standing Meditation
- Xingyi 4. Fire: Pounding



Class 5: October 22

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (postures 17,-20)
- Standing Meditation
- Xingyi 5. Earth: Crossing



Class 6: October 29

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (postures 21,-24)
- Standing Meditation
- The Five Movements of Xingyiquan
- Simplified Linking Form

Class 7: November 5

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (review of postures 1,-6)
- Standing Meditation
- The Five Movements of Xingyiquan
- Simplified Linking Form

Class 8: November 12

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (review of postures 7,-12)
- Standing Meditation
- The Five Movements of Xingyiquan
- Simplified Linking Form

Class 9: November 19

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (review of postures 13,-18)
- Standing Meditation
- The Five Movements of Xingyiquan
- Simplified Linking Form

No class November 26

Class 10: December 3

- Warm-ups and stretches
- The Marrow Washing Classic Qigong (review of postures 19,-24)
- Standing Meditation
- Xingyiquan: review