



Tai Chi Qi Gong (Chi Kung) Exercises Certification Workshop Starts On August 22

July 27, 2015

July 27, 2015 - PRESSADVANTAGE -

Dao House, a martial arts retreat center in Estes Park, CO, is happy to announce that their next Tai Chi Qigong Part I and Part II Certification Workshop will be held on August 22 and 23, 2015 in Estes Park, Colorado. Qi Gong is also known as Chi Kung and is an exercise that is very similar to the commonly known Tai Chi. People are encouraged to register for the Tai Chi Qi Gong (Chi Kung) Certification Workshop as soon as possible, as places are limited.

Kristina Naldjian from Wu Dang Tao, says, "Master Chen's deep understanding, experience, and benefits from the ancient teachings of Daoism allow him to share, discuss and transfer his insight to those with common affinity. Chen's teachings are from personal experience, practical, and rooted in ancient lineage based application, not purely theoretical teaching. He maintains a philosophy of living your practice."

The two day training is taught personally by Master Chen and those who pass will become certified practitioners. Those who are unable to attend the training but do want to learn the Tai Chi Qi Gong exercises can purchase training DVDs instead. However, this does not include certification.

Master Chen (Yun Xiang Tseng) is from the Wu Dang region in China. For over two millennia, people have gone to this region in order to cultivate peacefulness by withdrawing from society. The region is said to have a constant stream of uplifting energy, not in the least because of its magnificent surroundings. The positive energy believed to be in the air has attracted world famous spiritual guides and thinkers. Those who practice internal energy development come to this mountain in order to contribute to the Daoist discourse. Having been born and raised there, Master Chen has great authority and credibility on Daoism and the exercise training to be presented in the workshop.

Today, Yun Xiang Tseng operates from Colorado. As can be seen on the Wu Dang Tao - YouTube video, he uses the Dao House retreat center to teach, as he says, "internal martial arts that focus on breathing, and movements that strengthen the body's energy, immune system, general health and vitality". He achieves this through Tai Chi, Chi Kung (Qi Gong) and more.

People are encouraged to visit the Wu Dang Tao Facebook page for further information on the certification course, Master Chen's teachings or Chi Kung in particular.

###

For more information about Wu Dang Tao, contact the company here: Wu Dang Tao Kristina Naldjian (970) 586-4094 wudang_lotus@yahoo.com 6120 State Highway 7 Estes Park, CO 80517

Wu Dang Tao

From the Wu Dang Mountains in China, Wu Dang Tao is the spiritual home of the Taoist tradition in the USA. At Wu Dang Tao in Colorado, Master Chen teaches Tai Chi, Qi Gong, and more to his students, helping them lead more energetic and powerful lives.

Website: <http://wudangtao.com>

Email: wudang_lotus@yahoo.com

Phone: (970) 586-4094

