

YMAA Taiji Meetup & 18 Louhan Seminar

Sunday, March 11, 2018

Intensive Seminar 9:30am—12:00pm
Open Practice Taiji & Qigong 2:00—5:00pm

18 Louhan Qigong Seminar

9:30am—noon

This fun and ancient Qigong (Chi Kung) set is believed to come from Da Mo, who is considered to be the spiritual father of Zen Buddhism. The 18 Luohan helps **develop** balance, strength and flexibility. In this seminar, we'll explore the physical, energetic and martial aspects of the first six movements.



Seminar fee: \$30. No charge for the afternoon practice.



Seminar Instructor:
Bill Buckley

YMAA-Certified Qigong, Taiji
and Chin Na Instructor

YMAA Taiji Meetup

1-5 pm

The spring 2018 quarterly YMAA Taiji Meetup will be held at GateWay in Portsmouth, New Hampshire. This meetup is free and open to all YMAA and GateWay students. These regional meetups bring students from all of the New England YMAA schools together to learn through peer to peer practice.

For more information and to register for both the seminar and open practice, please email bill@Gatewaytaiji.com.

GateWay 
Taiji, Qigong & Yoga

875 Islington Street, Portsmouth, NH 03801

www.gatewaytaiji.com

603-553-2624