

# World Class Workshop

## Workshop with GRANDMASTER SHOU-YU LIANG



Grandmaster Liang is well-known and respected internationally. He was selected by the China Wushu Magazine in the "Biography of Today's Extraordinary Martial Artists". He has been awarded the "World's Top 100 Outstanding Martial Art Professional Award", "World's Greatest Contribution Award", and "World's Outstanding Accomplishment Award". He has also been selected to be included in the "Current List of Famous Martial Artists" and in the Chinese "Who's who in the world". Grandmaster Liang has written and produced numerous books and videos which have been translated into other languages such as French, Polish, Greek, Chinese, and Russian.



## Daoist Qigong Workshop

Introducing fundamental knowledge of the physical body & spiritual system including methods for the double cultivation of the physical & spiritual such as Microcosmic and Macrocosmic Circulation, Seven Star Qigong, Golden Light Qigong, Gathering the Soul Qigong. Exploring subjects such as "Clear the heart/mind revealing the Spirit" and "enlightenment".

**Time: Sunday, May 20, 2018 (3 pm to 6:30pm including two 15min break)**

**Place: Omei Academy  
10070 Imperial Avenue  
Cupertino, CA 95014**

**Fee: \$80**

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