



Master Duan with Jason Ames & others 2003

Workshop: Introduction to Wuji Hundun (Primordial Chaos) Qigong

with Jason Ames

Saturday Jan. 19th 9:00 am-12:00

\$50 advance, \$65 at the door

Great for beginners!

18-form Wuji Hundun Qigong system is a comprehensive workout involving deep, diaphragmatic breathing combined with extensive stretching to facilitate healthy Qi flow.

About Master Duan: Dr. Duan is a wealth of knowledge and spirit. Born into a respected, medically-oriented family, young Duan was raised inside the Forbidden City in Beijing, as his grandfather was a personal physician to the last Chinese Emperor. Master Duan's father was a bodyguard to the Emperor, specializing in the martial arts.

Learning in the ancient way, directly from his grandfather, Dr. Duan was taught Traditional Chinese Medicine and is an expert in acupuncture, herbs, and Qigong "Qi" healing.

Raised through turbulent times in Chinese history, Dr. Duan excelled in the Wushu fighting arts, including Kung Fu and Bagua. He fought in many battles as a highly-regarded soldier, excelling in his martial arts training. Taught in the traditional ways, he feels fighting skills and medical skills go hand-in-hand, as a good warrior must also be a good field doctor.