



## Workshop:

### Wuji Hundun(Primordial Chaos) Qigong

**(Part 2: Focusing on movements not covered in part 1 & a comprehensive review)**

**with Jason Ames**

**Saturday June 22nd**

**9:00 am-12:00 \$50 advance, \$65 at the door**

**Open to all levels and 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.**

**Learning the essential movements is not complicated due, in part, to the symmetric nature of the system. As the movements become increasingly familiar, engrained and embodied, the forms become very alive, reflecting the dynamics found throughout nature.**

**While accessible & easy to learn the basic movements, the Wuji Hundun system evolves into a fluid, spontaneous, and infinitely creative whole body workout.**

**With practice, students access a deeper union with qi, nature, and pathways of energetic movement.**

**By offering this workshop I hope to share with others this undeniably potent qigong that has tremendously influenced my understanding of energy cultivation and self healing. I had the privilege of working directly with Master Duan on several occasions between 2001-2003 and recently at an in-depth training with Francesco Garripoli, a dedicated senior student of Master Duan. - Jason**

#### **About Master Duan:**

Dr. Duan was 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.

#### **About Jason Ames**

Founder and owner of Maine Center for Taijiquan, Jason was office manager and a principal instructor at the Full Circle Synergy School of Tai Chi Chuan between 2001 and 2011. He is a full time Taiji & Qigong instructor teaching throughout Southern Maine.

*"My life and the course it takes is profoundly influenced by the practice of Taijiquan and Qigong. I consider Taiji practice the greatest and most profoundly influential force for self-improvement and self-discovery in my life. While continuously deepening and refining my personal understanding of this sophisticated art, in my teaching I strive for simplicity as a way to make it accessible to anyone wishing to learn. The complexity and meaning naturally unfold for each student as they progress".*