

SHAOLIN QI GONG

FOR HEALTH, VITALITY , SERENITY AND SPIRITUAL CULTIVATION



A COURSE WITH PRAGATA



SHAOLIN QI GONG

Qi Gong is the art of developing energy or Chi, in the Chinese language, for health, vitality, longevity, mind expansion, and spiritual cultivation.

In this course, you will learn a selection of 6 of the highly respected 18 Lohan Hands, the forms that were given by Bodhidharma, the first Zen patriarch, to the Shaolin monks in the 6th century A.D. You will not only learn the techniques, but you will be transmitted the fundamental principles and the skills that will allow a competent and ever deepening individual practice. Seasoned practitioners of any related art such as yoga and meditation will benefit from this course as well as beginners, each one at his or her own level.

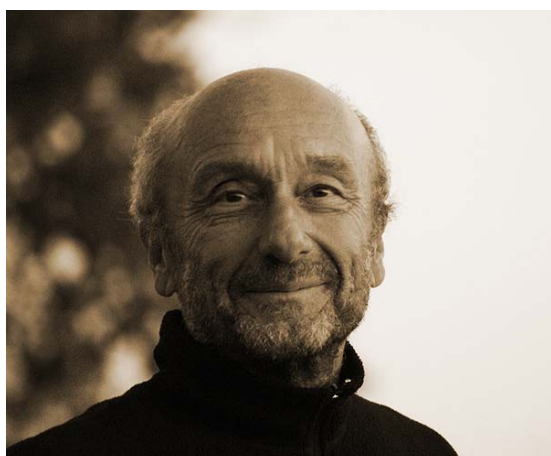
The gift of the Lohan Hands is that it gives you the genuine treasures of Qi Gong in its purest form: Good health, emotional balance, mental clarity and serenity, focused and relaxed attention and a rejuvenated, strong and vital body at any age.

Due to its unparalleled efficiency, 15 minutes of enjoyable and simple practice per day is all that is required to derive the full benefit from the Art.



EXPECTED RESULTS FROM THE COURSE:

- ❖ Learn the skills to be at the same time focused and relaxed.
- ❖ Experiment a significant increase of energy level, thus being able to face any situation with optimum potential. In Chinese, good Qi also means good luck.
- ❖ Be able to generate an abundant internal energy flow to prevent or overcome diseases, clearing physical, emotional and mental blockages, dissolving unconscious and conscious tensions, harmonizing all the systems of the body (digestive, respiratory, nervous, immune, hormonal...)
- ❖ Relieve chronic pain
- ❖ Develop internal power
- ❖ Increase mental clarity, lift depression and anxiety, and improve the sleep quality.
- ❖ Acquire a simple and efficient method to control and release stress.
- ❖ Acquire the power to concentrate better and for longer periods of time.
- ❖ Experiment inner peace and increased joy of living.
- ❖ Feel anchored in the Now, through awareness of the inner energy field of your body.
- ❖ Be perfectly equipped at the end of the course to practice efficiently on one's own.



ABOUT THE INSTRUCTOR:

PRAGATA spent 20 years in quest of truth in India, receiving the teachings of great living masters. During this time, he was initiated into many healing and meditation techniques. 17 years ago, he went to China to receive his first initiation into Qi Gong from one Taoist and one Buddhist master. After 6 years of intense practice and further learning, he met with Grandmaster Wong Kiew Kit of the Shaolin lineage in China and received initiation into high level Qigong.

Pragata is cofounder of the Shaolin Wahnam Mountain Retreat in Costa Rica:

www.shaolin-wahnam-center.org/instructors/pragata.html

He has taught meditation and healing arts for 25 years throughout the world. He teaches Shaolin Qi Gong in Europe and the US, in hospitals, Zen monasteries, yoga communities and centers for Transformation, as well as in the corporate world to executives and decision makers.

His website is: www.pragata.org