

Registration

Name _____

Address _____

Phone _____

Email _____

Workshop cost: \$75 before October 22

 \$90 after October 22

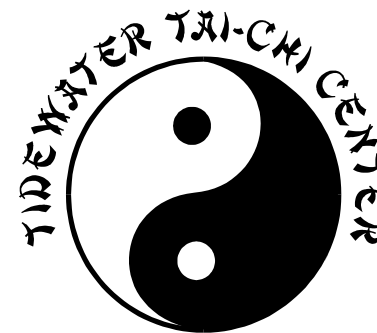
Make checks payable to:

Tidewater Tai Chi Center

Mail check and registration to:

Donald Davis
1015 Langley Road
Norfolk, VA 23507

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Presents

*Embrace Winter:
Taoist Inner
Cultivation for
Seasonal Change*

With

Donald Davis

*Chinese Community Center
722 Newtown Road
Virginia Beach*

*7:00 - 9:30pm
October 28 and
November 4, 2004*

Embrace Winter Workshop Topics

Seasonal change and five phase theory
Taoist inner cultivation classics and their meaning
Taoist visualization
Taoist breathing
Taoist meditation
Eight pieces of silk brocade dao yin
Five animal frolics dao yin
Balancing the emotions
Self-massage
Poetry
Diet and cooking

No previous experience is necessary.

**The space available forces us to limit enrollment.
Register early to reserve a place.**

No cameras, tape recorders or video cameras please.

For further information contact:

Donald Davis
(757) 533-9092
dondavis@verizon.net

Donald Davis

Donald Davis is a professor of psychology and Asian studies at Old Dominion University. During the past eighteen years he has traveled extensively throughout Asia and has lived and taught in China. He has studied and practiced t'ai chi ch'uan, qigong, and Taoist and Buddhist inner cultivation techniques of the Way for many years. He has studied with several teachers, but he has worked most intimately with Benjamin Pang Jeng Lo, Kenneth Cohen and Lawrence Mann. He has lectured, consulted and conducted workshops throughout Asia, Europe and North America. He teaches at Tidewater Tai Chi Center (<http://www.tidewatertaichi.com>) in Norfolk and Virginia Beach.



Calligraphy by Benjamin Pang Jeng Lo

Make the ch'i move smoothly,
then it easily follows
the direction of the mind. — Wu Yu-hsiang



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Inner Cultivation

Inner cultivation and harmony with nature are central practices in Taoism. Over the centuries, Taoists developed five phase theory and inner cultivation practices to understand and adapt to nature's seasons. Seasonal practices include observation of nature, poetry, moving and still energy cultivation, diet, massage, and strengthening the body's internal organs

that might be strained by seasonal changes. In this workshop, practices intended to harmonize mind, body and spirit with the winter season will be discussed and taught. Visualization and meditation practices and experiential exercises will be accompanied by discussion of selected passages from the *Tao Te Ching*, *Chuang Tzu*, and the more ancient *Nei Yeh*, which is believed to be the first written Taoist manual of inner cultivation. Don will explain some of the meaning hidden in these works and their application to inner cultivation. He will teach postures from the Eight Pieces of Brocade (Ba Duan Jin) and the Five Animal Frolics (Wu Qin Xi), two of the oldest dao yin systems still practiced today in China. The Five Animal Frolics, developed by Hua Tuo (110-207 C.E.) who is considered to be the "Father of Chinese Medicine," helps to circulate the qi and harmonizes the body and its internal organs for each season. He will also share principles of diet and recipes taken from Taoist monasteries in China, Hong Kong and Taiwan that include foods that balance the body's energy in winter.