

Bozeman Chinese Martial Arts presents Chinese Healing and Martial Arts Workshop Series with Master George Ling Hu January 13th - 15th, 2012 Bozeman, MT



Bozeman Chinese Martial Arts is proud to present a series of workshops with this renowned instructor and practitioner. All workshop sessions are open to the public regardless of background or ability.

Session 1: Push Hands: Jan 13th, 5:30-7:30pm
Learn skills and body dynamics for this essential practice for Tai Chi Chuan and other martial arts.

Session 2: Qigong: Jan 14th, 10:00-12:30am
Qigong focuses on joining mind and body through breathing and movement to achieve better health. Several individual exercises and techniques will be presented.

Session 3: Bagua Zhang 1: Jan 14th, 2:00-5:00pm
Learn the Upper Base form, also known as Five Element, Three Harmony form. This short form encompasses the basics of Bagua Zhang and Xing Yi Chuan

Session 4: Basic Acupressure: Jan 14th, 6:30-8:30pm
Learn to use the hands and fingers on various points on the body for healing, stress relief and pain relief.

Session 5: Bagua Zhang 2: Jan 15th, 8:30-11:30am
A continuation of the Upper Base form, focusing on applications and refinement of form.



Master George Hu began his martial arts training at age 11 in Taiwan and has been teaching for more than 50 years. He is a licensed acupuncturist and practitioner of Chinese medicine based in Houston, TX. Cost to attend any one session is \$50. If attending multiple sessions, each session is \$45.

For complete information on the workshop, including locations and registration information, visit www.bozemancma.com, or contact Mike Wiseman at: (406) 581-4473: mwiseman@wisearchitect.com

