



Ananda Kula

www.ananda-kula.com

4150 Herschel St.

904-680-7344



**Sign up for only
\$30 !!!**

Following this workshop:

*Dr. Riposan-Taylor will
hold weekly classes on
Sundays, 3:00 - 4:30 pm*

*Costs will be the same as
for yoga classes.*



For more
information,
please contact:

Integral Qigong and Tai Chi

Workshop

January 12th, 2014

We are pleased to offer this beginners workshop in Qigong and Tai Chi with Dr. Adina Riposan-Taylor, who is a IIQTC (Institute of Integral Qigong and Tai Chi) instructor certified in Qigong Community Practice.

Included in this workshop:

Vitality Enhancement method (Bu Zheng style) and the Alchemic Nine Phases

We'll introduced the Flowing Motion, the Guo Lin breath, Ringing the Temple Gong, Beating the Heavenly Drum, we'll discover the Qi, gather the Qi, circulate and purify, direct and conserve, store and transform, 'polish the pearl', and finally dissolve in the Qi. We will feel the immersion and discover our true eternal nature...



**Power, Peace and
Compassion to all !**

**Compassion over
Power !**

Qi Love !

氣 愛

"When you cultivate balance and harmony within yourself, or in the world – that is Tai Chi. When you work and play with the essence and energy of life, nature and the universe for healing, clarity and inner peace – that is Qigong." (Dr. Roger Jahnke, IIQTC Director)

Dr Adina Riposan-Taylor, 904-613-8969
adina.riposan@gmail.com
<https://www.facebook.com/satyasattva>