

art training in Shaolin Boxing at 17, and mastered several martial arts disciplines.

In the 1970's while teaching at the Beijing Dongcheng School, he was invited to join a distinguished group of men chosen to undergo training and the selection process for the position of 13th lineage Head (Zongshi) of the Emei Linji Zong traditional Life Science and Art System. This is the largest Zen sect in China.

He was chosen as the lineage holder, and studied Chan Cultivation, Buddhism, Taoism, Herbology, Food Therapy, Feng Shui, Future Prediction, Astrology, Mathematics and other Dharma methods exclusively transmitted from one lineage holder to the next.

After an extended period of seclusion he decoded the Eight Part Meta Intelligence Qigong Method which had not been broken in 12 generations.

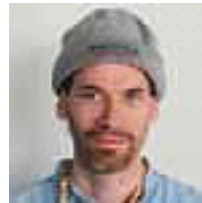
He has been credited with initiating a national revitalization of the role of Qigong in Chinese medical theory and health care practice. In China he is considered the father of medical qigong, and he serves as the lifetime President of two Qigong Institutions.

In 1995, he immigrated to the US so that Emei Liji Qigong therapeutic techniques could be fused with the western medical approach to health. He participated in a cancer study at the Atlantic Tumor Hospital in California,

and is currently a participant in a study at the California Pacific Medical Center of Complementary Medicine Research Institute. He has given lectures and trained teachers in over 20 American cities.

About Gordon Keir

Gordon Keir has completed 3 levels of training in Yuen Energetics a.k.a. Chinese Energetic Medicine as taught by Dr. Kam Yuen. Gordon also studied Sun Do Chun Bup, and Korean Gi Gong method, and is a graduate of Da Dao Chan Gong and Taiji taught by Grandmaster Fu. Gordon is also



Earthsong Yoga

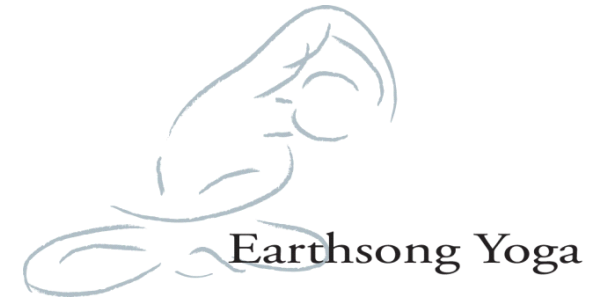
186 Main St 2nd Floor

Marlborough, MA 01752

508-480-8884

www.earthsongyoga.com

Be a Light to the World



Qigong with Gordon Keir

Winter 2010

Saturdays 10:00 a.m.-11:00 a.m.

Saturdays 11:00 a.m.-12:00 p.m.



Registration Form

We accept cash or checks

You may reserve your space with a \$25 deposit, or pay in full

Please make checks payable to Gordon Keir and return to:

Earthsong Yoga
186 Main St #14
Marlborough, MA 01752

If you are not familiar with our cancellation and transfer policies, please request a copy or visit our website.

Name: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Class Time: ___ Sat. 10:00 a.m.—11:00 a.m.

___ Sat. 11:00 a.m.—12:00 p.m.

If attending 2 or more classes for a session, a 10% discount is offered.

Students may join classes with available space at any time. Fees will be pro-rated.

Make-ups for missed classes are offered in classes with available space within the session.

In case of cancellation due to inclement weather, make-ups will be offered. Snow cancellations are listed on the phone message, 508-480-8884.

Students observing religious holidays may pro-rate the course fee or make-up the class.

Qigong

Wuji Gong Form

with Gordon Keir

Saturdays 10:00am—11:00am

Winter: Feb. 13, 20, 27

Mar. 6, 13, 20

6 classes \$70 Drop-ins \$12

Taiji

Emei Qigong 18 Shi Short Form

with Gordon Keir

Saturdays 11:00am—12:00pm

Winter: Feb. 13, 20, 27

Mar. 6, 13, 20

6 classes \$70 Drop-ins \$12

Wuji Gong Practice:

The First Level of Da Dao Chan Gong

In order to have less ailments we seek to strengthen the Energy Field through a personal energy practice such as Qi Gong.

Calm mind states, creating a high energy environment, and eating according to each person's unique and true needs support health.

Performing good deeds to neutralize force from past bad deeds is also part of the path towards enlightenment.

Silly as one may feel at first bouncing up and down like a 7 year old, - one actually self vibrates stagnant blood and chi. Vibration strengthens the joints, internal organs and glands.

Balancing yin and yang, clearing blockages, and becoming like water and flowing formlessly with magnetic pulsations at your fingertips, we return to the void of emptiness where true power and happiness resides.

About Grandmaster Fu

Originator of Da Dao Chan Gong and Emei Chan Taiji 18-Shi Form

Zongshi Wei Zhong Foo (aka Grandmaster Fu) was born in 1949 into a Chinese Buddhist family. He began studying Traditional Chinese Medicine (TCM) and ancient Chinese philosophies when he was 6 years old.