

Stillness-Movement



Teacher Hu Yao Zhen



Teacher Wang Jue Min



Teacher Michael Lomax



YOU!

January 21st Distance Neigong Immersive Sessions

We will have scheduled sitting, standing, and movement with scheduled breaks. Each session will be one hour; three 50 minute sessions with a 10 minute break after each session. Afterwards, there will be an online chat to ask questions and discussions about the sessions. A complete itinerary will be emailed to you once you register.

Prerequisite is being a member of the Stillness-Movement online site, as specific movements will be required. These movements are available via streaming on the site. Yes, one can join for just the one month provided they do so in time to learn the movements for this session. The registration fee below is in addition to site membership.

Don't contact us and ask "what time?"; if you don't have the "time", then don't participate. The hours will be emailed to you once you register. It will be during daylight hours CST.

To Register, go to: www.stillnessmovement.com

Registration fee is \$199.00 with a \$50 discount for twice a month site members.

All registrations are final with no refunds. MAKE ABSOLUTELY SURE YOU WANT TO DO THIS PRIOR TO REGISTERING!!!