



Primordial Qigong [available spring 2009]

Plaza Fitness at Stuyvesant Plaza

Call 518.482.2266 to reserve
a place in a group class or
private session

About 800 years ago a Tao Master called Chang Sang Fong created a Chi Kung form that later became famous as Tai Chi Chuan, extremely useful for Self-Defense. He also created a special form called Wuji Qigong for enlightenment rather than self-defense that was mostly kept secret but was preserved by being passed down through a lineage of Masters.

The magical, graceful movements of this form are designed to gather the Chi or Life Force from the four Cardinal Directions, and from Mother Earth below, and from the Star Father of Heaven above. This Chi when in the body connects you to the deepest centre of your being known as Wuji. Wuji literally means Supreme Unknown, also translated as the Primordial or the Divine Space from which all Creation arises. In western terms the Wuji is the Godhead from which the Primordial Powers of Nature flow. The Tao Masters did not consider the Centre of the Universe was above our head but rather deep inside our body.

Primordial Chi Kung is a magical graceful form and an extremely healing experience that takes us deeply into our own Primordial Essence.

Primordial Chi Kung is a very simple form of chi kung inner exercise that produces immediate results, normalizes all the systems in the body and produces a very strong experience of deep inner peace. Although the form is designed for Enlightenment, it has many beneficial medical effects. Chi Healer Dr. Zhu Hui had a major clinic in China and used it to treat more than ten types of chronic diseases, especially heart diseases and high blood pressure, and for people with weak kidneys or chi deficiency.

This form is also recommended to those who might injure their knees with more vigorous forms. The Primordial Chi Kung form puts no stress on the physical body, and uses easy weight shifts and balanced movements to activate the Energy Body.

Presented by Plaza Fitness at Stuyvesant Plaza and Albany Qigong
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Visit the Albany Qigong website at: <http://www.albanyqigong.com>

