

# HEAL YOUR HEART with WHITE CRANE WUQINXI

The first of five 3 hour intensive workshops on the *Five Animal Frolics* (WuQinXi) of Hua To, presented by Sifu Michael Shaman

2 to 5 pm, Saturday, May 24, at:  
ZENTER /PRANA/TEMPLE SF

The Frolics have been passed down in their current form for about 2,000 years. They are the original **Qigong Healing Movement** forms from which many Internal and External Martial Arts and Healing Arts systems are derived, including **Tai Chi Chuan** and the **Shaolin Kung Fu** Animals.

This first workshop introduces the overall *WuQinXi* System, followed by a concentrated training in the first of the 5 Taoist Animals: the White Crane.

*Each animal corresponds with an Element, Healing Organ, Direction, Principle, Sound, Season, Hand, Posture, and Breathing Variation.*

**The White Crane is of the fire element and is primarily used to help heal and strengthen the Heart and Circulatory System, as well as cultivate and experience internal Qi.**

**Suitable for Beginners and All Ability Levels. Students with Disabilities Welcome.  
Donation: \$50 (\$45 with advance registration).**

A portion of proceeds will go to help support the INTERNATIONAL CRANE FOUNDATION

[www.savingcranes.com](http://www.savingcranes.com)



For more information on White Crane WuQinXi or the Instructor: 415-673-7021  
[www.michaelshaman.com](http://www.michaelshaman.com)



Space is limited: preregistration is advised. Contact Diana:  
[diana@templesf.com](mailto:diana@templesf.com)

ZENTER PRANA/TEMPLE SF,  
540 Howard Street,  
San Francisco 94103.  
(SOMA between 1st and 2nd st)

Sifu Michael Shaman has been teaching Tai Chi Chuan and Qigong professionally for over 25 years. He has conducted classes, workshops and demonstrations in Europe, Asia and North America.