

**Ancient Daoist health methods explained**  
**- Ji Haoma Qigong-**  
**December 11 2009 Boston, Massachusetts**  
**Nam Pai Kung fu Academy 33 Harrison Ave 7<sup>th</sup> Fl Boston MA 02111**



Come and join Dr. John Painter & Boston Baguazhang for a incredible evening of health cultivation. As most of you know, Dr. Painter has practiced and researched these methods for over 40 years and is unique in his ability to clearly explain ancient concepts to Western practitioners.

You will learn:

- the role of sitting meditation for building health
- clear definitions of all ancient concepts for mind-body health
- the specific postures of Ji Haoma Qigong
- your Personal Power Directions based on Feng Shui theory
- the Circle Walking method of health enhancement

We are now accepting [early registration](#) for this incredible seminar. If you [reserve your space](#) before November 15<sup>th</sup>, 2009, the price is only \$45.00 compared to the regular price of \$60.00.

Reserve your place now as there are a limited number of spaces for this workshop. This is to ensure a high quality experience and personal attention and because the training space is limited.

If you would like early notification about when the doors will open for registration, please visit our website here: [Boston Baguazhang](#)