

Marrow Washing and Brain Nourishing

Strengthen the Mind

Fortify the Marrow

**Essential training for
students age 35 and older!**



***This Meditation and Chi Cultivation is
so important that it's found in both
Taoist and Buddhist training!***

**Saturdays 12noon -1pm
Beginning January 6, 2024**

**2 Month Seminar
\$40 each month**

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