



Dragon Meditation

June & July 2024

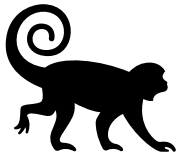
Saturdays 12noon - 1pm

From the 10th Century - Zhejiang Province, China

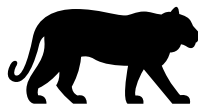
“A Genuine Heritage from Hua To”

5 Animal Flowing Energy Postures

In depth practice of each of The 5 Animals encompassing the relationship of:



Hand Mudras
Large Circle of Heaven
Small Circle of Heaven
Chakras
Energy Gates
Breath



Note: For those of you on the *China Trip* - we will continue this class mornings or evenings. We'll do a short class each day when feasible. It will be a great way to work out travel fatigue and get in touch with being in the Orient!



*Hua To Dragon Meditation
Class
\$40 a month*