



## *Hua Tuo Dead Training*

Awaken the dormant “dead” yin chi of winter and stimulate the yang chi for spring growth



5 Animal Training  
for internal and  
external health

25 Moving Chi  
Kung Animal  
Postures



Dr Hua Tuo - most famous Chinese acupuncturist, physician and herbalist who developed the Five Animal Play for health and longevity

## Dragon Meditation and Hua Tuo Chi Kung

April & May 2025 Saturdays 12 noon - 1pm

Required for advancement - 2nd to 3rd Black Belt

“The hinge on the door that is often opened and closed never rusts”

Dr Hua Tuo on why to do physical chi kung training

