



Dragon Meditation

Begins August 10, 2024

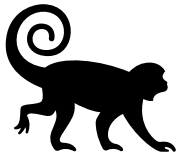
Saturdays 12noon - 1pm

From the 10th Century - Zhejiang Province, China

“A Genuine Heritage from Hua To”

5 Animal Flowing Energy Postures

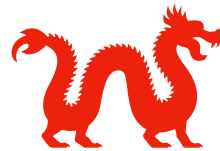
Practice the flow of your bodies energy directed by the animals nature and movement.



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



These are flowing postures utilizing the energy that was awakened and cultivated by the Hua To Dead and Live Training. These 5 Animal Flowing Postures are the basis of the 5 Animal Flowing Form similar to Tai Chi Chuan, Buddha Fist etc...



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