



I CHIN CHING / MEDITATION

TA MO'S 49 CHI KUNG POSTURES / CHAN MEDITATION
MUSCLE TENDON CHANGE CLASSIC / HOU TIEN CHI

中國少林武藝中心



OPEN to:
White Belts and Above

Where:
@ CSC- DENVER

When:
Beginning Saturday, October
2nd, 2021
12Noon – 1PM
For 9 Weeks!!!

Class Fee:
\$80 Prior to Class / EarlyBird
/ Website Fees

\$100 Day of Class

For All Brown Belts Testing to 1st
degree Black Belt,
and for Black Belts Testing 1st-2nd
Black & Above.
Fulfilling the
I Chin Ching/Hou Tien Chi
Training Requirement.

7174 Washington St
Denver, CO 303.455.4088

NOTE: This material may not be taught between
students. This form may not be shown,
reproduced, or demonstrated in any manner by any
student.

Join in the Original training done at the Shao-Lin
Temples of ancient China. This is the age-old "secret" to
the Monks legendary Strength, Endurance, Power, and
Flexibility!
Most of these 49 yoga-like postures have been lost to the
world, but at our Chinese Shao-Lin Centers you can
practice them all, complete with Ta Mo's "secret
ingredient" that made them a powerful form of "ch'i
kung".

The 1,500 year old formula for Health, Longevity and
Martial Skill!



*Reflection *Thoughtfulness *Gratitude *Ancient Breathing
Techniques *Seated Meditation *Standing Meditation

Etymology[edit] The word *Zen* is derived from the [Japanese](#) pronunciation of
the [Middle Chinese](#) word 禪 (dzjen) ([pinyin](#): *Chán*), which in turn is derived
from the [Sanskrit](#) word *dhyāna* (ध्यान),^[1] which can be approximately translated
as "absorption" or "[meditative state](#)".^[1]

Harvard Unveils MRI Study Proving Meditation Literally Rebuilds The
Brain's Gray Matter In 8 Weeks

This special internal festival class is taught only **ONCE** every 4 years
& is **REQUIRED** for advancement to: **1st degree Black Belt** - And
ALL degrees of Black Belt advancement.

www.goshaolin.com