

# Shao-Lin Kung Fu & Tai Chi

## Praying Mantis Energy Gate Chi Kung



This meditation and soft / hard chi kung training is integral to complete the 7 Star Praying Mantis System.

Stillness & Inner Calm

Relaxed Strength  
& Flexibility



Patience &  
Awareness

Yin Energy Cultivation

The Praying Mantis is a spirit animal in many cultures including China where it is a symbol of Internal Strength and Fierce Martial Technique.

4 Months - Beginning  
Saturday, September 2,  
2023:  
Noon - 1pm

Fee: \$40 month

[goshaoлин.com](http://goshaoлин.com)

[shao-лин.com](http://shao-лин.com)

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