

Max Weier is back in South Africa/Ixopo February 2022. Book early to avoid disappointment.

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## The Great Power Of Chi Kung (Qigong)

**Teacher:** Max Weier

**Cost:** 2 days accommodation + R400 surcharge

**Dates:** Wednesday 09 February 2022 - Friday 11 February 2022



Chi Kung (Qigong) practices help us to strengthen and move our internal energy, our chi (qi). From a body-mind that is agitated and contracted we will move to a state of groundedness, relaxation and expansion. This will be a semi-retreat with two one-hour-long sessions each day, one in the morning and one in the afternoon.

**Max Weier** resides in Switzerland and has been studying and practising various Buddhist traditions - Taoist disciplines and Vedanta - for the past forty years. He has been teaching worldwide for over twenty years. He is an author on the subjects of chi kung (qigong) and Taoist mysticism.

## ☸ Pathways To Tao: Chi Kung (Qigong) - Meditation - Wisdom

**Teacher:** Max Weier

**Cost:** 2 days accommodation + R400 surcharge

**Dates:** Tuesday 15 February 2022 - Thursday 17 February 2022



Simple Chi Kung (Qigong) exercises alternate with meditation practices from Taoism and Zen. Movement, stillness and the teachings and contemplation of the ancient wisdom traditions of the East flow seamlessly into one another. We taste the boundlessness of our true nature - the Tao. Noble silence will be observed from the last session in the evening until mid-morning the next day.

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