

Swimming Dragon

PERFORMANCE

WORKSHOP

Tai Chi with Liping Julia Zhu



Prior Experience with this form recommended

10 CLASSES + PERFORMANCE (6/9 and/or 6/11)

SUNDAYS from 3/26 to 6/11

6 to 7:30 PM

NO CLASS MEMORIAL DAY WEEKEND (5/28)

In these ten weeks, we will study Taoist Master Yu Anren's Taiyi Swimming Dragon Chuan, and perform it in front of an audience. Originating from the Wudang Mountain in China, it is a unique and graceful form combining Tai Chi, Qigong, and the Chinese dancing arts. With patient practice Swimming Dragon Chuan will greatly improve your health and sense of well-being. This workshop is designed for students who have some experience with the form, although beginners are welcome.

Liping Julia Zhu is a certified Qigong instructor from China and a disciple of Taoist Master Yu Anren. She was a gold medalist in the 1996 International Martial Arts Tournament. She is a licensed acupuncturist and Zen Buddhist, currently residing at San Francisco Zen Center.

**EARLY REGISTRATION (by 3/23) : \$132 REGISTRATION (after 3/23) : \$148.50
DROP-IN : \$15 REGISTER by PHONE or IN-PERSON at the studio.**



ODC DANCE COMMONS

351 Shotwell (between 17th & 18th)
Public Parking lot on 17th & Shotwell
415-863-9830 x100 | odcschool.org
rhythmandmotion.com/workshops.html