

The  
Way  
of

# Long Life



## Taoist Longevity Qigong & Taijiquan 10

A ten-class series with Deng Ming-Dao · Sundays, March 7–May 16

### ABOUT THE PRACTICES

For millennia, the Taoists have maintained a tradition to extend life. The techniques range from simple limbering movements, to qigong, and to the internal energy practice of Taijiquan. Each class will be an in-depth study to assure mastery by the end of the series. Along with a balanced diet, good sleep, and a healthy lifestyle, these methods will help optimize anyone's lifespan.

#### Basic Warm-Ups

A short series of exercises will open each class for limbering, stretching, and strengthening every part of the body.

#### Standing Meditation and the Microcosmic Orbit

Standing meditation brings calm and teaches the fundamental Taoist method of circulating energy: the Microcosmic Orbit.

#### Taoist Longevity Qigong

This set of ten movements comes from Huashan, the Taoist sacred mountain in China. It consists almost entirely of various circular exercises in combination with breathing. The movements are easy and even fun to do!

#### Taijiquan 10

This form is taken from sets that have as many as 108 movements. It concentrates on the ten most essential postures. That makes it useful whether you're a beginner or looking to improve your own established Taijiquan (Tai Chi Chuan) practice.

We're going to use this set to go deeply into each posture, find the link between Taijiquan and deep philosophy, and use circular movements to understand the inner structure that makes Taijiquan so effective.

(please see the next page for a full schedule)



**Deng Ming-Dao** is a writer, artist, and teacher. He is the author of numerous books on Taoism, including the best-selling *365 Tao*.

Ming-Dao has trained in Chinese martial arts since 1975. His teachers have come from Beijing, Hong Kong, Taiwan, and two Taoist mountains, Huashan and Wudangshan. He has been most involved with the internal systems of Xingyiquan, Baguazhang, and Taijiquan, and he has given many workshops in Chinese martial arts and Taoist wellness techniques.

[dengmingdao.com](http://dengmingdao.com)

**Cost is \$180 prior to February 26; \$200 until March 4.**

Classes will be held at 10:50 AM–12:00 PM Pacific time. A Zoom invitation with password will be sent by the Friday prior to each weekend. Any reference materials will be attached to the invitations. A link to a video recording will be sent after each class.

To register, please send an email to [dmd@dengmingdao.com](mailto:dmd@dengmingdao.com). Payment can be via PayPal at that email address, or by mail sent to: 4083 24th Street, #460334, San Francisco, CA 94114. For any further questions, please write to Ming-Dao.

## SCHEDULE AND CURRICULUM

### **Class 1: March 7, 2021**

Basic warmups. Standing meditation: introduction to the posture  
Taoist Longevity Qigong: 1. Restoring Spring 2. Vital Energy  
Taijiquan 10: 1. Beginning Posture 2. Monkey Retreat

### **Class 2: March 14, 2021**

Basic warmups. Standing meditation: understanding energy flow, meridians, and key energy points  
Taoist Longevity Qigong: 3. The Eight Trigrams  
Taijiquan 10: 3. Brush Knee, Twist Step

### **Class 3: March 21, 2021**

Basic warmups. Standing meditation: introducing the four kinds of breathing  
Taoist Longevity Qigong: 4. Peng (a mythical bird) Flying  
Taijiquan 10: 4. Wild Horse Parts Mane

### **Class 4: March 28, 2021**

Basic warmups. Standing meditation: introducing the Microcosmic Orbit  
Taoist Longevity Qigong: 5. Turtle Retracting Its Head  
Taijiquan 10: 5. Cloud Hands

### **Class 5: April 4, 2021**

Basic warmups. Standing meditation and Microcosmic Orbit: eyes and mind locks  
Taoist Longevity Qigong: 6. The Swimming and Smiling Dragon  
Taijiquan 10: 6. Golden Rooster Stands on One Leg

### **Class 6: April 11, 2021**

Basic warmups. Standing meditation and Microcosmic Orbit: understanding the points along the circuit  
Taoist Longevity Qigong: 7. Frog Swimming  
Taijiquan 10: 7. Heel Kick

### **Class 7: April 18, 2021**

Basic warmups. Standing meditation and Microcosmic Orbit, full practice  
Taoist Longevity Qigong: 8. Heaven and Earth Circles  
Taijiquan 10: 8. Grasping the Sparrow's Tail

### **Class 8: April 25, 2021**

Basic warmups. Standing meditation and Microcosmic Orbit, full practice  
Taoist Longevity Qigong: 9. Ren (the ideograph for "person") Circles; Cat and Tiger  
Taijiquan 10: 9. Cross Hands 10. Closing

### **Class 9: May 2, 2021**

Basic warmups. Standing meditation and Microcosmic Orbit, full practice  
Taoist Longevity Qigong: 10. Phoenix Spreads Its Wings  
Taijiquan 10: Whole set review: pacing and strategies for turning

### **Class 10: May 16, 2021 (note skipping of May 9, Mother's Day)**

Basic warmups. Standing meditation and Microcosmic Orbit: Review  
Taoist Longevity Qigong: Review and questions  
Taijiquan 10: Whole set review: flow