

# Wudang Taoist Tortoise Qigong for Longevity and Vitality

Easy and Enjoyable! No experience is necessary.  
Everyone is welcome.

Sat 11 Nov — 10am to 1pm

Chief Instructor Brett Wagland

The Wudang sect of Taoism **places a strong emphasis on the 5 Animals Qigong for building a robust foundation** in terms of energy development : dragon (wood), crane (fire), tiger (earth), snake (metal) and tortoise (water). They embody the qualities of the 5 elements. Each animal is used to affect the related internal organs and their associated meridians.



On the sacred Taoist mountain of Wudang, you will find carvings and statues of the tortoise and snake entwined in a heavenly embrace, depicting the qualities of nurturing and cultivation. In Taoist culture, **the snake and tortoise are symbolic of many aspects of self-cultivation**. The snake embodies qualities of flexibility, agility, speed and power. It seldom moves in winter in order to conserve its energy. According to the 5 Elements theory of Taoist Qigong, the snake represents the energy of metal which is related to the lungs and skin.

**The tortoise** is known for its long life. Although it is clever, it lives a quiet life like a Taoist recluse in the mountains. It is calm, steady and quiet. **It represents the energy of water which is related to the kidney and bladder, closely related to life essence**. The Taoists talk about the three treasures : jing, qi, shen. Jing is essence, qi (energy) is refined essence and shen is spirit or the expression of refined energy. It is the brightness seen in our eyes and the vitality seen in a healthy person. It also symbolises higher levels of consciousness or deep spiritual awakening. Cultivating the three treasures enables us to develop so we can live to our full potential. **It is living a life of energy and spirit, finding inner beauty and peace**. The whole Taoist path is about the cultivation of these treasures.



As mentioned above, the tortoise is connected with the kidney system and is responsible for our **yuan qi** (the original energy) of the body. As we get older, this energy is naturally depleted. If we do not look after ourselves well, this energy is depleted even faster, resulting in sickness and/or premature ageing. Learning how to nurture and replenish this energy is an integral part of Taoist cultivation. **The kidney system can be positively influenced by strengthening the legs and back**. The movements of the turtle are a part of this process. The ability to calm the mind so that we can be free from endless mind chatter is another important aspect of this process. **Fear and worry exhaust our energy supplies and accomplish nothing**. Calming the mind has a profound impact on our well being and leads to insight about our conditioned behavioural patterns.

In this workshop, you will learn the Wudang Taoist Tortoise Qigong form that will strengthen your legs and loosen your waist and spine. It is developed to strengthen the body's essential energy that is connected with the kidney system. As a result of practising the Tortoise Qigong, **you will feel an increase in energy, with the added benefit of the body becoming soft and flexible**. You will also feel stronger. This strength is represented by the protective, hard shell of the tortoise.

During the workshop, **we will work on correct posture** and we will **learn how to generate power from the ground via our legs**. This will help you to also understand what to look for in your Tai Chi and/or martial arts practice. In internal Taoist systems, we learn to build from the ground up like a pyramid with a stable base. Modern training tends to over-emphasise the upper body. This results in the body becoming top heavy and unstable, similar to an inverted pyramid. We will also learn a standing qigong practice to calm the mind and balance the energy.



This is the third of the 5 Animals Qigong we have taught this year, the others being the snake and dragon. The students who attended the previous workshops commented that they enjoyed the session and gained a lot from the experience of being there. They were surprised how quickly time passed. I hope you can join us for an enjoyable morning in the Taoist arts of energy cultivation. Everyone is welcome.



Sat 11 Nov 10am to 1pm \$120-

Wesley Centre Hall

behind the Rydges Hotel

corner National Circt & Fitzroy St, **Forrest**

The hall can be accessed through the main entrance of the building in the carpark.

► **Note:** Please bring a **mug** and **teaspoon**.

Tea and coffee will be provided.

Wear comfortable clothing and **flat soled shoes**.

Bookings are essential.

– <https://www.taichiacademy.com.au/secure/workshops.php>

– phone the Office on 02 6296 1357 or pay your instructor.

Please pay the workshop fee to confirm your booking.

M/C, visa & Amex are welcome.

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