



The Six Stars *Chi Kung Workshop*

taught by

Juanita Lew

ROCKLAND, MAINE

MAY 14-15 2016



The Six Stars is a set of Chi Kung exercises from the Tao Ahn Pai system. It consists of six standing exercises which build up the physical foundation of the body beginning with the bone marrow. These exercises help strengthen from the inside out, by keeping the bone marrow soft and supple. The Stars also aid in rejuvenating the body by strengthening the tendons, bones, muscles, and connective tissue. Rather than increasing muscle size and bulk, the Six Stars focus the “Chi (Qi)” or internal energy giving a sense of solidity, depth and growth.

The Instructor:

Juanita Lew, is honored to have been Master Share K. Lew’s wife and partner for 34 years, as well as co-teacher for over 30 years. Juanita has dedicated herself to follow in Master Lew’s footsteps teaching the Tao Ahn Pai as Master Lew wanted it taught. Before Master Lew’s passing in July 2012, Juanita was told, “you must be teach. “

Master Share K. Lew was 94, a Taoist priest with over 70 years experience in the traditional Taoist arts. Part of Master Lew’s education took place at Wong Lung Kwan, a Taoist monastery in the Luo Fo mountains near Canton, China where he studied for 13 years. At the core of his training was the secret system of cultivation know as Nui Kung (Chi Kung). Master Lew’s monastery style, the Tao Ahn Pai (Taoist Elixir Style), dates back over 1,300 years to Lu Dung Bin, one of the Eight Immortals of Taoism.

Date: Saturday and Sunday, **May 14th -15th**

Time: 10:00 to 5:00 pm, with lunch break

Location: Art Loft, Thorndike Building, 385 Main St. Suite 9, Rockland, Maine 04841

Fee: \$235.00 -- early registration before **April 5th will be \$210**

Reservations: Pre-registration is encouraged as class size is limited.

Please send a \$100 deposit by **April 5th** for early registration price.

Make checks payable to **Juanita Lew** and mail to Abi Morrison, 17 Masonic St., Rockland Maine 04841

Contact *Abi Morrison 207-594-4766 , 207-461-4668 [c] or Abi@RedBirdAcupuncture.com*