

Michael Winn

Asheville Healing Tao Center

www.HealingTaoUSA.com OR www.HealingDao.com

Email: winn@healingdao.com

tel. 828-296-1930 (rarely home - use as last resort)

Mail Workshop Deposits (checks payable to):
Healing Tao USA, Box 601, Asheville, North Carolina 28802

ALL product (video/audio/book) questions: info@HealingTaoUSA.com
or 888-999-0555

ALL summer retreat questions: retreats@HealingTaoUSA.com or 888-
750-1773

Frequently Asked Questions on Qigong & Tao

http://www.healingdao.com/faq_qigong_fundamentals.html

Winn Home Study Courses: Recommended Sequence

http://www.healingtaousa.com/winn_sequence.html

In Memoriam: www.JoyceGayheart.com

(includes her products & life story)

2008 - 2009

Michael Winn Schedule

Asheville, U.S. & Overseas Workshops

Asheville Workshop General Info:

Time: all 2-day Asheville workshops: Sat 9am - 6 pm; Sun 9:30-5:30 pm.

Location: at Lighten Up Yoga. 60 Biltmore Ave., Asheville (unless

specified) Downtown, 2nd fl, above City bakery.

Cost: still only \$144. (not increased in 10 years - based on sacred number, not value!) Sat. only: \$90. Review both days (previous students): \$90. VISA/MC, extended pay. Note: Cost/location may be different for some workshops.

Deposit: \$72., payable to "Healing Tao USA". Send to Box 601, Asheville NC 28802. If cancel one week prior to start of workshop, 100% refundable.

Home Study Option: Live transmission at workshops is best. If you cannot attend, you can still receive an "oral transmission" via my ten Tao Home Study Audio-Video courses on my website. Home study courses are ACCEPTED AS PRE-REQ'S for the next level course. All weekend courses are now available in CD format. Audio CD upgrades for older tape cassette buyers: pay half the web CD price. Courses are updated, and often have new material in them.

Product Discounts: Live workshop attendees may buy AT the workshop the video-audio as review material - about 50% discount off retail.

Rebate on products: If you buy a Home Study Course in advance of taking the SAME FULL WEEK-LONG summer retreat within one year, you receive nearly 50% credit back on the product at the time you register at the summer retreat. Example: Buy a \$99. DVD-CD package now, you get \$50. back when you take the same summer retreat. For more details, see: <http://www.healingdao.com/ckf2.html#order>

Instructor Certification: Asheville workshops with Michael count toward certification as Healing Tao instructor. For full details of certification requirements: <http://www.healingdao.com/instructorbecome.html>

Assistant Instructor Certification Summary: Associate Instructors need 70 hours prerequisite core curriculum (any four weekend courses with Michael + 6 hours of privates, OR two week-long summer retreats). Then take an additional 40 hours certification (re-take either the week-long Qigong Fundamentals at summer retreat or repeat three weekend courses in Asheville).

Autumn 2008

Sept. 14 - 19, 2008 (Sun-Fri) in Glastonbury, England.

PLANETARY & SOUL ALCHEMY

(Greatest Enlightenment of Kan & Li)

Autumn Equinox Ceremony at Stonehenge

(rented privately to obtain access to the inner circle).

Note: Star Alchemy will NOT be offered in 2009 in the UK - see Autumn 2009 listings for list of shorter workshop offerings.

This is One Cloud's 4th Formula for Immortality. Description of all 7 Formulas:

www.healingdao.com/tao_alchemy_formulas.html

This fourth Water & Fire practice integrates the 5 body spirit-essences of the personal self and the 5 planetary forces of the collective Solar system Self (symbolized by the Sun) in the middle cauldron at the heart. This is "living astrology", in which cosmic forces are interiorized inside the body, where they continue to function through planetary tones (music of the spheres).

The process of interiorizing the inner light of the Sun (in the western esoteric tradition known as Christos) and its 9 Celestial Soul Rays first involves making friends with the planetary spirit of Saturn. Saturn is the "Yellow Emperor", the ruler of the earth element, the core unity of living matter and controller of the astrological-soul forces that shape all human manifestation.

Successful practice removes all fear of death and dissolves deep karmic patterns of resistance, revenge, and struggle that plague humanity. This allows us to clearly receive and transmit our inner heart's solar logos or Way of knowing, a profound maturation of our Inner Sage or Immortal Self.

Planetary & Soul Alchemy/Greatest Kan & Li prerequisite is Sun-Moon Alchemy (Greater Kan & Li). It can be taken with me elsewhere or by home study course ordered over the internet.

Retreat is held at a gorgeous private mansion called Abbey House, overlooking the Glastonbury Abbey, with its own private entrance onto the onto the Abbey grounds where we practice qigong each morning around the ruins of the High Altar. The Michael and Mary ley lines cross here and continue into our meeting space at the Abbey House — very supportive of Taoist energy work.

Contact barry spendlove: baryspendlove@gmail.com

Oct. 11, 2008 (Sat. 7-11 pm+): Asheville, N.C. Wu Wei MUSICAL CONCERT, MEDITATION, & POTLUCK

You are invited to try a NEW form of Spiritual Fun! Come play with my collection of musical instruments gathered on my world travels (100 countries +), or bring your own. Vocalists also welcome. This is an "improv event".

We'll create spontaneous musical expressions to explore various spiritual themes, followed by periods of deep silent meditation on the sound current.

At my home. Potluck starts at 7 pm. Open to everyone, free. Please email to let me know you are coming. For directions: winn@HealingTaoUSA.com

Oct. 18 - 19, 2008 (Sat/Sun): Asheville, N.C. PRIMORDIAL QIGONG with Feldenkrais for Effortless Super Learning. Led by Michael, plus recorded guidance by Joyce Gayheart. Magical, powerful 800 year old lineage qigong ceremony (a.k.a. "Tai Chi for

Enlightenment"). Integrates the magic square of feng shui, the dynamic inner coupling of Taoist alchemy, the healing benefits of medical qigong, and the earthly transmission power of China's original tai chi form!

We gather the directional chi of Heaven and Earth in graceful spirals. This is one of my favorite forms, but requires deeper commitment (20 min. practice length). Combined with Feldenkrais, it opens up many levels of healing energy and ease of movement amazingly quickly.

For more about the form, see www.taichi-enlightenment.com

Cost: \$185. (\$90. deposit). Reviewers: \$125.

Note: The course is the **certification course** for Wuji Gong/Tai Chi for Enlightenment. Those seeking certification should have been practicing the form for one year. Email if you have questions.

Location: Lighten Up Yoga in downtown Asheville.

Contact: winn@HealingTaoUSA.com

Oct. 26 - Nov. 1, 2008 (Sun-Sat). Mexico.

**ADVANCED INNER SEXUAL ALCHEMY
Second Refining of the Golden Elixir
(Lesser Enlightenment of Kan & Li - deeper level).**

**In Tepetzlan, 1 hour from Mexico City, Mexico.
Taught in English, with Spanish translation.**

Description of all 7 Formulas: www.healingdao.com/tao_alchemy_formulas.html

This course is for adepts seeking to go deeper into One Cloud's 2nd and 3rd Formula for Immortality. These are completely new alchemical meditation practices that I recently developed, based on my desire to cultivate more quickly a grounded "yang" energy body. They were downloaded from my future self as a gift to my physical self in this timezone. These practices are so powerful and deep, yet simple to learn, that I believe they will revolutionize the meditation practice of all qigong and neidangong practitioners of One Cloud's Seven Formulas for Immortality.

We will first strengthen the Fusion 2&3 practices that precede the Lesser Kan & Li with a newly developed Fusion of the 9 Cosmic Spirals meditation that integrates the 8 Extraordinary Vessels flowing within our personal Energy Body as the macrocosmic orbit, with the 8 macrocosmic levels of the Cosmic Energy Body.

Inner Sexual Alchemy is foundational to the Taoist process of self-realization. This is because the male-female split sexual identity is at the very core of humanity's spiritual crisis. This sexual tension feeds our illnesses and our wars. This advanced level will focus on the internal copulation of "yin-within-the-yang" and "yang-within-the-yin". This will stabilize and make effortless the alchemical "cooking" process that distills the

"elixir" by transforming our jing (sexual essence) into chi (subtle breath), into shen (spirit), and into wu, the Supreme Mystery - and back again into our human mystery.

The second refining of the Elixir is what stabilizes and grounds it, i.e. gives the Energy Body greater physicality. We will also explore inner plane sexual relationships at the soul level, also known as "subtle body sex". All of these new practices will be integrated into the Sun-Moon/Greater Kan & Li alchemical stage that follows it. The only prerequisite for this course is Lesser Kan & Li, although Greater Kan & Li students will benefit more deeply.

Contact: Janette Nutis: janettenutis@gmail.com

Nov. 7, 2008 (Fri. eve. 7-9 pm): Asheville, N.C.

INNER SMILE - Free Evening Talk & Meditation with Michael Winn.

This evening should really be considered part of the weekend workshop, even though it is open to the public. We will mostly smile together, relax from the "heart-mind" (xin) level of smiling in the body until the "inner heart" or soul (ling) level of smiling spontaneously arises. I will facilitate this with a transmission of that frequency of unconditional acceptance at the soul level.

Location: At Lighten Up Yoga, same venue as weekend workshop. No pre-registration required, free to all.

Nov. 8 - 9, 2008 (Sat/Sun): Asheville, N.C.

QIGONG FUNDAMENTALS 1 & 2 with Michael Winn

Day 1: Inner Smile, Five Animals Qigong, Six Healing Sounds, Taoist qigong & alchemy theory.

Visit <http://www.healingdao.com/ckf1.html#top> (Fundamentals 1 product page with sample ebook chapter, testimonials, etc.)

Day 2: guided Micro-Cosmic Orbit, famous Tao meditation that unifies all energy centers/chakras into a flowing whole. Process is made simple with the powerful "Open Qi (Chi) Flow in the Orbit" movement qigong. Plus transmission to help you open chi flow in the orbit.

Includes oral transmission of the powerful Wudang Mountain Red Dragon internal meditation method of circulating the orbit (not taught in standard Healing Tao curriculum).

Good for self healing, spiritual centering and balance of all yin-yang meridians of body, and balancing blood and chi. The orbit is the main pathway needed for cultivating sexual energy as you progress in your practice.

More info on Fundamentals 2: <http://www.healingdao.com/ckf2.html>

These two days are packed with powerful practices that can make major shifts in your health and energy level. They are Lifetime Treasures, simple enough to easily share with family and friends.

Open to everyone. This course is the pre-req. to Fusion, Healing Love, Kan & Li. This is the best course to begin with, but suitable for advanced adepts wishing to go deeper.

Contact: winn@HealingTaoUSA.com

Nov. 22 (Sat. 7-11pm) Mid-Autumn Meditation

Free, open to all. Three silent meditation sittings, at my home. Light refreshments afterwards. Email for directions: winn@HealingTaoUSA.com. If you live far away, send your Energy Body!

Dec.6 - 7, 2008 (Sat/Sun) Asheville, N.C.

QIGONG FUNDAMENTALS 3 & 4:

Internal Chi Breathing and Bone Rooting

Learn the 3 types of Taoist breathing: natural, reverse, and counter-force. Powerful "empty" or neutral force breathing method can be done anywhere, standing, sitting, lying. Opens belly center/dantien, the key to good chi circulation and self-healing. Standing and moving postures to open core channels of body. My simplified version of Iron Shirt Qigong.

We will also learn the Ocean, Sky, & Great Heart Breathing: Blissful Breathing Qigong. This form activates the Mystical Power of Three, that unites physical breath with subtle body breath in all three dantian. A short 5-minute form that packs a tremendous wallop.

Day 2 focuses on bone marrow breathing, rooting power, and simple bone-to-bone tapping. Excellent for grounding, preventing & healing chronic illness due to blood deficiency, osteoporosis, and many others. Stabilizes stillness for meditators, develops root for all movement artists (dance or martial arts). This bone work is the prelude to completing bloodline ancestral issues.

See <http://www.healingdao.com/ckf3.html> for more details.

Open to all, no prerequisites. Useful to have Fundamentals 1&2, but they can be taken in reverse order as well. Cost: \$144. weekend. \$90. for Sat. only, or reviewers (both days).

Contact: winn@HealingTaoUSA.com

Dec. 20, 2008 (Sat. eve) Asheville, N.C. WINTER SOLSTICE MEDITATION

7 — 11:30 pm. Free, open to all, at my home.

We'll do a powerful Solstice Ceremony to rebirth our authentic personal self, followed by a series of three silent sitting meditations in total darkness on the cycle of rebirth of the light that regulates our life. It is not necessary to stay for all three sittings.

Light refreshments afterwards. Email for directions: winn@HealingTaoUSA.com

Spring 2009

Feb. 27- March 1, 2009 (Fri-Sun) in Rio, Brazil

Free Talk Friday evening. Weekend workshop (topic to be announced).

No pre-requisite.

Contact: Eduardo Alexander: edu.alexander@gmail.com

March 3 - 8, 2009 (Tues-Sun) in Rio, Brazil

SUN - MOON ALCHEMY Retreat

Greater Enlightenment of Kan & Li

Taught in English, with Portuguese translation. Note that both the Lesser and Advanced Lesser Kan & Li are available in Portuguese Audio CD homestudy course.

Sun-Moon is One Cloud's 3rd Water & Fire Formula of Inner Alchemy. It builds on and advances the previous level of inner sexual alchemy. It integrates the 5 inner essences (Jingshen, or body spirits) of the personal self with the 5 directional forces or Five Earth Dragons of the planetary self (north, south, east, & west meeting in the center of earth) at the solar plexus cauldron.

The powers of the Sun and Moon "cook" the planetary essences and are coupled to spiritually birth the "immortal child" or the greater elixir. This replicates the experience of our reborn inner self playing in the outer fields of reality. This dissolves the boundary between the adept, Nature and humanity.

This process also dissolves many geo-mantic (feng shui) and ancestral patterns that need healing and completion. Our bloodline ancestors are trapped within the time cycles of the sun & moon and thus can be liberated by this practice of internally coupling the ancestral time-keepers of the sun & moon.

Pre-requisite: Lesser Kan & Li, live or homestudy.

Contact: Eduardo Alexander: edu.alexander@gmail.com

March 13, 14, 15, 2009 (Fri. – Sun.) in Holland
ADVANCED INNER SEXUAL ALCHEMY
Lesser Kan & Li – deeper level

Description of all 7 Formulas: www.healingdao.com/tao_alchemy_formulas.html

This course is for adepts seeking to go deeper into One Cloud's 2nd and 3rd Formula for Immortality. These are completely new alchemical meditation practices that I recently developed, based on my desire to cultivate more quickly a grounded "yang" energy body. They were downloaded from my future self as a gift to my physical self in this time zone. These practices are so powerful and deep, yet simple to learn, that I believe they will revolutionize the meditation practice of all qigong and neidangong practitioners of One Cloud's Seven Formulas for Immortality.

We will first strengthen the Fusion 2&3 practices that precede the Lesser Kan & Li with a newly developed Fusion of the 9 Cosmic Spirals meditation that integrates the 8 Extraordinary Vessels flowing within our personal Energy Body as the macrocosmic orbit, with the 8 macrocosmic levels of the Cosmic Energy Body.

Inner Sexual Alchemy is foundational to the Taoist process of self-realization. This is because the male-female split sexual identity is at the very core of humanity's spiritual crisis. This sexual tension feeds our illnesses and our wars. This advanced level will focus on the internal copulation of "yin-within-the-yang" and "yang-within-the-yin". This will stabilize and make effortless the alchemical "cooking" process that distills the "elixir" by transforming our jing (sexual essence) into chi (subtle breath), into shen (spirit), and into wu, the Supreme Mystery - and back again into our human mystery.

The second refining of the Elixir is what stabilizes and grounds it, i.e. gives the Energy Body greater physicality. We will also explore inner plane sexual relationships at the soul level, also known as "subtle body sex". All of these new practices will be integrated into the Sun-Moon/Greater Kan & Li alchemical stage that follows it. The only prerequisite for this course is Lesser Kan & Li, although Greater Kan & Li students will benefit more deeply.

This is a NON-residential workshop probably in Utrecht — you provide your own housing/food.

Contact: Inge Maassen: imaassen@hetnet.nl

March 16 - 21, 2009 (Sun.-Fri.) in Holland
SUN - MOON ALCHEMY Spring Equinox Retreat
Greater Enlightenment of Kan & Li

Description of all 7 Formulas: www.healingdao.com/tao_alchemy_formulas.html

Sun-Moon is One Cloud's 3rd Water & Fire Formula of Inner Alchemy. It builds on and advances the previous level of inner sexual alchemy. It integrates the 5 inner essences (Jingshen, or body spirits) of the personal self with the 5 directional forces or Five Earth Dragons of the planetary self (north, south, east, & west meeting in the center of earth) at the solar plexus cauldron.

The powers of the Sun and Moon "cook" the planetary essences and are coupled to spiritually birth the "immortal child" or the greater elixir. This replicates the experience of our reborn inner self playing in the outer fields of reality. This dissolves the boundary between the adept, Nature and humanity.

This process also dissolves many geo-mantic (feng shui) and ancestral patterns that need healing and completion. Our bloodline ancestors are trapped within patterns defined by past time cycles of the sun & moon. Ancestral bone & blood essence can be liberated from burial deep within Earth by this practice of internally coupling the ancestral time-keepers of the sun & moon. The result is the emergence of "True Earth" within our inner Sage.

Contact: Inge Maassen: imaassen@hetnet.nl

March 28-29, 2009 (Sat-Sun): Asheville, N.C.

FUSION OF FIVE ELEMENTS 1:

Cultivate Your True Feelings, Dissolve Negativity

Description of all 7 Formulas: www.healingdao.com/tao_alchemy_formulas.html

Practical **Emotional Inner Alchemy** methods for managing the emotional layer of the Energy Body. This is part of One Cloud's 1st Inner Alchemy Formula. It integrates 5 phase chi cycles in your emotions with your biological and spiritual life. Learn to control your inner psychic weather, nurture your inner powers and natural virtues, and especially how to "eat" or dissolve negative emotion and egoic reactivity. Find out where your feelings originate and their true purpose.

Learn to reverse the loss of chi flowing out thru your senses, how to alchemically gather an Inner Pearl, the essence of your original self. Very powerful tools for working on yourself, and centering the energy body. Course is mostly meditation, plus "Nourish the Five Shen" Qigong for emotional body. Pre-req: Fundamentals 1 & 2, live or audio-video. Good to have Fundamentals 3 & 4 if possible, the rooting is also key to managing emotions.

Contact: winn@healingdao.com Location: Lighten Up Yoga in downtown Asheville. \$144. weekend, \$90. reviewers.

April 25 - 26, 2009 (Sat-Sun): Asheville, N.C.

FUSION of the FIVE ELEMENTS 2 & 3.

Open the Macro Orbit: 8 Extraordinary Vessels

Open the Macro-Cosmic Orbit by linking chi flow in the Eight Extraordinary ("psychic") channels. These channels link your pre-natal and post-natal energy bodies, i.e. the deep structure of how you birth yourself each flowing moment. Learn to purify your aura & regulate your Energy Body with belt & thrusting channels. Give to and Receive chi from the environment with Positive & Negative Arm & Leg channels.

The 8 Extra Vessels connect the inner and outer chi field, and allow you to "dance" between your inner and outer life. The Wudang Mountain version of the macro-cosmic orbit will also be taught as the most powerful internal method I've found for integrating the 8 Extraordinary Vessels into a continuous flowing circuit.

The macro-orbit is the foundation for opening chi flow to 8 Original Forces of Universe (I Ching trigram-tones). Powerful "8 Extraordinary Vessels" qigong form makes this practice simple to remember. It heals deep psychic imbalances not reached by acupuncture. Many mysterious and chronic illnesses can be healed at the level, much faster than using acupuncture or herbs.

Another new practice taught is my recently developed "9 Spirals of the Energy Body" in the four directions to integrate the Five Shen with the Five Directional Dragons. This practice connects the internal flow of your macro-cosmic orbit out to the edge of the universe – and back! A wonderfully empowering and healing journey.

This course lays a strong foundation for Healing Love and Water & Fire (Kan & Li) Alchemy.

Pre-req: Fusion 1, live or by homestudy. Learning the energy channel work of Fusion 2/3 without doing the emotional body/inner pearl work of Fusion 1 is also possible, but not optimal. Email me first.

Contact: winn@healingdao.com Location: Lighten Up Yoga in downtown Asheville. \$144. for weekend, \$90. reviewers.

May 6 – May 22, 2009

CHINA DREAM TRIP 2009

**Qigong in Taoist Sacred Mountains + visit Mantak Chia
at Tao Garden in Chiang Mai, Thailand**

Led by Michael Winn

Dates are "almost final". Final Schedule & exact cost to be announced by my newsletter, and will be posted on Dream Trip 2009 page on www.HealingTaoUSA.com

17-Day trip includes airfare between Los Angeles and Hong Kong, five internal air flights in China & Thailand, all land (hotel/meal) costs, all entry and training fees. Estimated Trip cost is \$4795. Not included: visas, airline fuel surcharge.

All trip members receive Michael Winn's Primordial Qigong (Tai Chi for Enlightenment) DVD in advance. It will be practiced throughout the journey, along with other qigong forms, including Shamanic 7-Star Big Dipper Qigong.

Current itinerary (tentative), in Sichuan Province: three days at Celestial Master Cave Monastery on Mt. Qingcheng shan, the famous mask-changing Sichuan Opera, and a visit to China's largest Panda preserve.

In Yunnan Province: the Old Town of Lijiang beneath Jade Dragon Snow Mountain, Dali market with its ethnic tribes, and two days at the fabulous Tang Dynasty Weibao shan complex of 20 Taoist temples.

In Thailand: five nights at Tao Garden Health & Spa Resort, training with Mantak Chia and Michael Winn; excursions to Chiang Mai Night Market, northern hill tribes, Golden Wat temple, Classical Thai dancing, hot springs and optional elephant ride.

See www.healingdao.com/chinatrip2008.html for details on last China Dream Trip and links to China photos: www.healingdao.com/photos.html

Contact: winn@healingdao.com

Summer 2009

Visit www.HealingTaoRetreats.com or call 888-750-1773.

Photos of Retreat Facilities in Blue Ridge Mountains:

http://www.healingtaousa.com/heavenly_mountain.html

Photos of People and Instructors at retreats:

http://www.healingdao.com/heavenly_mtn_2007.html

Winn's Summer Schedule at Heavenly Mountain

Near Blowing Rock, N.C.

- All Michael Winn courses at Healing Tao University count for Instructor Certification.
- Courses are open to all levels of students, but please check pre-requisites. Pre-requisites for Winn retreats can be met by his home study courses.
- If you buy the homestudy course BEFORE you take the retreat — which I strongly recommend — then you receive back half the price of the homestudy course upon registration. Purchase must be within a year of the retreat.
- See www.HealingTaoRetreats.com for fuller course descriptions and possible date changes. This website may not be fully updated until December.

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- June 19- 24, 2009 (Fri-Wed)
Qigong (Qigong) Fundamentals Levels 1-4.
- Michael Winn

Includes Summer Solstice Ceremony to aid completion of your deepest authentic needs.

Open to everyone. Can be used to fill pre-requisite requirement or final certification as Associate Instructor.

- **Winn Seminar at NQA National Qigong Conference
June 27 & 28, 2009 (Sat-Sun) in California**

Held at Asilomar, California. see www.NQA.org for details.

My 2 hr. seminar topic:

Dao Inner Alchemy, Qigong and Chinese Medicine:

Shengong Therapy as the Future of Medicine

- **July 3 - 8, 2009 (Fri-Wed)
Healing Love: Taoist Sexology for Health & Bliss
- Michael Winn & Minke de Vos**

- **July 10 - 15, 2009 (Fri-Wed)
Inner Sexual Alchemy -- Michael Winn
Lesser Enlightenment of Kan & Li**

- **July 17 - 23, 2009 (Fri-Wed)
Sun-Moon Alchemy – Michael Winn
Greater Enlightenment Kan & Li**

- **July 24 - 29, 2009 (Fri-Wed)
Planetary & Soul Alchemy – Michael Winn
Greatest Enlightenment of Kan & Li**

NOTE: The Greatest Kan & Li course is taught every two years, in an opposite cycle to Star Alchemy and Heaven & Earth Alchemy courses (next taught in USA in 2010).

Please use homestudy course in the off-year, then take it live at later date. You'll get 50% rebate on the homestudy course).

Autumn 2009

Sept. 19-20, 21-22, & 23-24, 2009 (Sat-Fri) in Glastonbury,

England. Note these are TENTATIVE DATES, for a series of 2-day workshops likely to include:

- **DEEP HEALING QIGONG** – for medical, emotional & spiritual crises.
- **TAOIST DREAM PRACTICE** – mastering the Dark Side.
- **SHAMANIC BIG DIPPER QIGONG & STAR ATTUNEMENTS** – ancient ceremony and meditations to shift your destiny.

Venue for Sept. 19-20 to be announced, possibly at Chalice Well. Courses Sept. 21 – 24 will likely take place at a fabulous chateau next to Glastonbury cathedral, where we do qigong every morning in a circle around the High Altar.

We will rent Stonehenge for a sunset ceremony for Autumn Equinox, that will re-activate this sacred ritual space to intensify our process.

Contact barry spendlove: baryspendlove@gmail.com

Oct. 10, 2008 (Sat. 7-11 pm+): Asheville, N.C. “Wu Wei” MUSIC CONCERT, MEDITATION, & POTLUCK

You are invited to try a NEW form of Spiritual Fun! Come play with my collection of musical instruments gathered on my world travels (100 countries +), or bring your own. Vocalists also welcome. This is an experimental “improv alchemy event”.

We’ll create spontaneous musical expressions to explore various spiritual themes, followed by periods of deep silent meditation on the sound current.

At my home. Potluck starts at 7 pm. Open to everyone, free. Please email to let me know you are coming. For directions: winn@HealingTaoUSA.com

Oct. 17 & 18, 2009 (Sat/Sun): Asheville, N.C. PRIMORDIAL QIGONG with Feldenkrais for Effortless Super Learning. Led by Michael, plus recorded guidance by Joyce Gayheart.

Magical, powerful 800 year old lineage qigong ceremony (a.k.a. "Tai Chi for Enlightenment"). Integrates the magic square of feng shui, the dynamic inner coupling of Taoist alchemy, the healing benefits of medical qigong, and the transmission power of China's original tai chi form!

We gather the directional chi of Heaven and Earth in graceful spirals. This is one of my favorite forms, but requires deeper commitment (20 min. practice length). Combined with Feldenkrais, it opens up many levels of healing energy and ease of movement amazingly quickly.

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Cost: \$185. (\$90. deposit). Reviewers: \$125.

Note: The course is the **certification course** for Wuji Gong/Tai Chi for Enlightenment. Those seeking certification should have been practicing the form for at least a year. Email if you have questions.

Location: Lighten Up Yoga in downtown Asheville.

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QIGONG FUNDAMENTALS 1 & 2 with Michael Winn

Day 1: Inner Smile, Five Animals Qigong, Six Healing Sounds, Taoist qigong & alchemy theory.

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Day 2: guided Micro-Cosmic Orbit, famous Tao meditation that unifies all energy centers/chakras into a flowing whole. Process is made simple with the powerful "Open Qi (Chi) Flow in the Orbit" movement qigong. Plus transmission to help you open chi flow in the orbit.

Includes oral transmission of the powerful Wudang Mountain Red Dragon internal meditation method of circulating the orbit (not taught in standard Healing Tao curriculum).

Good for self healing, spiritual centering and balance of all yin-yang meridians of body, and balancing blood and chi. The orbit is the main pathway needed for cultivating sexual energy as you progress in your practice.

More info on Fundamentals 2: <http://www.healingdao.com/ckf2.html>

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Learn the 3 types of Taoist breathing: natural, reverse, and counter-force. Powerful "empty" or neutral force breathing method can be done anywhere, standing, sitting, lying. Opens belly center/dantian, the key to good chi circulation and self-healing. Standing and moving postures to open core channels of body. My simplified version of Iron Shirt Qigong.

We will also learn the Ocean, Sky, & Great Heart Breathing: Blissful Breathing Qigong. This form activates the Mystical Power of Three, that unites physical breath with subtle body breath in all three dantian. A short 5-minute form that packs a tremendous wallop.

Day 2 focuses on bone marrow breathing, rooting power, and simple bone-to-bone tapping. Excellent for grounding, preventing & healing chronic illness due to blood deficiency, osteoporosis, and many others. Stabilizes stillness for meditators, develops root for all movement artists (dance or martial arts). This bone work is the prelude to completing bloodline ancestral issues.

See <http://www.healingdao.com/ckf3.html> for more details.

Open to all, no prerequisites. Useful to have Fundamentals 1&2, but they can be taken in reverse order as well. Cost: \$144. weekend. \$90. for Sat. only, or reviewers (both days).

Contact: winn@HealingTaoUSA.com

Dec. 19, 2009 (Sat. eve) Asheville, N.C.

WINTER SOLSTICE MEDITATION

7 — 11:30 pm. Free, open to all, at my home.

We are celebrating two days before Winter Solstice, but close to the new moon – an even more powerful conjunction of sun & moon cycles. We'll do a powerful Solstice

Ceremony to rebirth our authentic personal self. We do three sitting meditations in silence and total darkness on the cycle of rebirth of the light that regulates our life. It is not necessary to stay for all three sittings.

Light refreshments afterwards. Email for directions: winn@HealingTaoUSA.com

Michael Winn has 30 years experience in the medical, martial, and spiritual arts, & teaches internationally. He was two-term President, National Qigong Association; is Dean and founder of Healing Tao University, the largest Tao arts summer program in the U.S now located at Heavenly Mountain in the Blue Ridge Mountains of North Carolina. He is president of the non-profit Dao Alchemy Research Institute, and spent 9 years as Chairman of the Healing Tao Instructor's Association.

He has authored ten Tao home study video-audio courses, written dozens of articles, and is co-author or writer with Mantak Chia of 7 books, including Taoist Secrets of Love: Cultivating Male Sexual Energy.

Winn lives in a simple log home in the mountains near Asheville, N.C. and has a private "qigong & shengong therapy" practice when he is not traveling.

For fuller bio, read his ebook, Way of the Inner Smile, available free to subscribers of "Tao News" (subscribe on homepage of www.HealingTaoUSA.com).

Or visit: Who is Michael Winn? <http://www.healingdao.com/ckf1.html#bio>