

About Larry Johnson

Larry has been under training with his master from China for the past 45 years. Larry is also a O.M.D. (Oriental Medicine Doctor) from the University of California in L.A.

He devoted his studies to Traditional & Modern Chinese Medicine to refine his understanding of the qigong practice that he devotes.

Since Larry's introduction to Hua Shan Taoist Qigong in 1976, his on-going commitment to this practice has earned him the distinction of being the only lineage disciple under Master Chan Chiu Lim. Through these years of practice, Larry has not only honed his skills as an Acupuncturist, but has also been inspired to author a series of books, including:

- Energetic Tai Chi Chuan
- Magnetic Healing and Meditation** (\$\$30)
- 18 Buddha Hands Qigong - Book & DVD** (\$\$45 each)
- 18 Buddha Hands Qigong: A Medical I Ching Exploration
- Gemstone Prescriptions: Handbook for Common Ailments** (\$\$30)
- Strategies: Taoist Chi Kung Level 1** (\$\$30)
- Strategies: Taoist Chi Kung Levels 2 & 3** (\$\$30)
- Yoga Alchemy** (\$\$30)

** Available in Singapore through Awakening Touch

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Testimonials

"At age 38, I was introduced to the first set of Hua Shan Taoist Qigong which coincided with the beginning of my first pregnancy. My daily practice continued till the day before delivery and I returned to it within 2 weeks of delivery. Unlike most pregnant women, I did not suffer constipation and got edema only 4 weeks before delivery. The Qigong practice enabled me to recover from delivery much sooner than my prenatal classmates. My child was born in excellent health and vitality. I am grateful for Larry's teaching and introduction to this system!"

Polly Mak, Business Executive

"I first met Larry in 2003 and was immediately awed by his vitality & zest for life! This motivated me to learn & continue practicing Hua Shan Taoist Qigong. Within 6 months I noticed a tremendous difference in my daily life. My Jing (fluids) state changed to the improvement of my breathe cycle --- allowing better circulation of oxygen & blood. This transformed my vitality & energy levels throughout my whole body-mind-spirit. Now, I feel Qi flowing anywhere within me as soon as I begin my daily practice! Besides being my Qigong master, Larry's knowledge of Traditional Chinese Medicine has refined my knowledge as a healthcare practitioner too."

Marcio Ribeiro, Physiotherapist / Acupuncturist

Organised by:

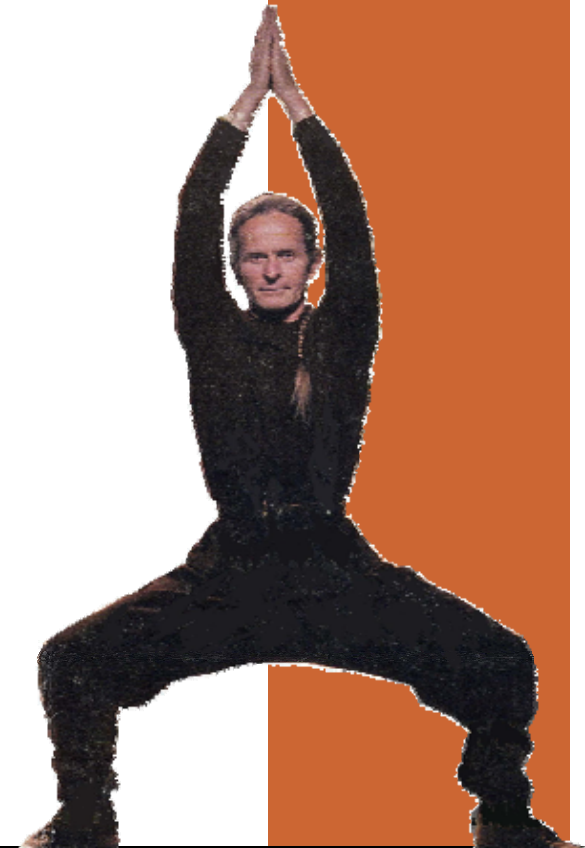
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Hua Shan Taoist Qigong & 18 Buddha Hands Qigong



With
Larry Johnson,
O.M.D., L.Ac.

Singapore

Why Learn Qi gong?

Qigong can help to clear the energy (chi) / information channels, increase vitality, improve resistance to disease, and transform pathological energy patterns thereby prolonging life and nourishing the spirit.



7 BASIC FUNCTIONS OF CHI

Chi is defined as vital energy that acts as a carrier that transfers both energy and information inside the human body.

The 7 basic functions of Chi in the body are:-

1. Transformative - it activates all the organ functions of the body
2. Moves blood and fluids throughout the body
3. Basic source of warmth for the body
4. Defends the body from exterior factors
5. Holds the various fluids and tissues in place in the body
6. Chi of the Kidney is in charge of reproduction
7. Controls the overall coordinated functioning of the body.

What is 18 Buddha Hands Qi gong?

The 18 Buddha Hands Qigong was developed by Bodhidharma during his 8 years of meditation in the Shaolin Temple. It has been taught to the monks who lived there. With their daily trainings and activities, they needed some other form of energy to refine and produce energy (qi or chi).

This practice consist of 18 exercises where you will learn to experience qi flowing through your body and essentially get stronger day by day as you practice.

Lots of practitioners trained by Larry experienced gains such as **increased physical strength, flexibility** as well as an incredible sense of well-being.

18 Buddha Hands Qigong will be taught in a group of 10 - 15 people, over 3 classes of 1 hour each time.

All levels of practitioners are welcome.



Investment: S\$180 (for 3 classes)

Contact Awakening Touch to book your training.

What is Hua Shan Taoist Qi gong?

Hua Shan Taoist Qigong is a very internal and profound style of qigong as it deals with **physical, emotional and spiritual changes in your body-mind complex**. It enriches the quality of your qi (chi-energy) that carries you through your life and it is essential for your health and well-being.

Hua Shan Taoist Qigong is a deep and internal Qigong system where you experience the presence of **Qi flowing deeper into meridians of your body**.

Through a practice of 108 exercises, divided in **3 levels of 36 exercises each**, you will be guided to transform your body fluids, your qi (chi-energy) and your spirit to a refine state of matter that can lead you to health if you are unwell, or even to enhance your already health & well-being.

Hua Shan Taoist Qigong will be taught by Larry individually, 3 minimum classes of 1 hour each time.

Level One involves the practice to move/remove body fluids such as phlegm.

Level Two makes qi flow through the body & opens one's mind to connection with the universal energies.

Level Three is the pathway to spiritual realms.

Investment: S\$180 per class (Total S\$540)

Contact Awakening Touch to book your training.