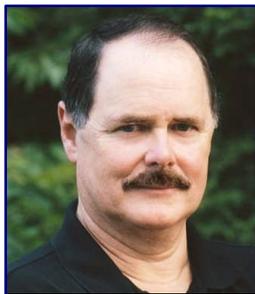


# Gathering Of The Circle 2010

JUNE 7-11



With Dr. John Painter  
&  
Shifu Robert Castaldo



## Spiraling Power of Earth Palm

**Don't miss** this years annual Gathering of the Circle for all Jiulong Baguazhang practitioners and instructors. This year we have a new home for The Gathering. We will be housed in the Best Western Hotel located in Albany New York for five days of training in Jiulong Baguazhang Earth Palm spiraling energies, Qigong and teachers training. As always beginners are most welcome along with all of our students and teachers.

### MORNING QIGONG TRAINING: JI-HAOMA QIGONG

Morning Training will be devoted to Quiet Sitting Meditation and the powerful Ji-Haoma Qigong an art of personal feng shui that allows you to draw the most powerful earth and sky energy to live in harmony with nature's laws. Students learn how to orient in a direction of personal power for meditation and standing qigong and special circle walking holding postures designed to harmonize the body with the electromagnetic energy of the earth and the natural energy from the sun and moonlight that affects hormonal and chemical balance. The Ji-Haoma program will be presented in its entirety with each student, receiving customized feng shui directions and baguazhang qigong postures for heightened internal healing and longevity energy.

### SPECIAL MORNING INSTRUCTORS TRAINING

Shifu Robert Castaldo, will present an instructors training program for new and established Jiulong teachers covering an array of methods for learning and teaching Jiulong basics. The program is open to those enrolled in our teachers training program and established instructors. During the second half of the afternoon all students and instructors will join Dr. Painter's class to continue working on Earth Palm applications.

### AFTERNOON TRAINING: SPIRALING POWERS OF EARTH PALM

We delve into a study of the spiraling palm, "Luoxuan Zhang," AKA the "Earth Palm." Luoxuan Zhang is the way of the true gentle warrior like a mother who controls things with gentle power; earth energy rotates rapidly yet is stable like a spinning top. This spiraling energy (Jin) can suck an outside force into its center or deflect an advancing energy from its rapidly turning surface. It can be offensive or defensive, making use of projections, throws and strikes that occur so quickly and softly an attacker has no time to mount a defense. To become skilled in Earth Palm we must study balance points, methods of attack and deflection, and ways in which the body can react, avoid, spin, flow and move. Through this knowledge we come to know not only our enemy but also ourselves! This program is open to beginners through advanced students and new students are also welcome.

The Gathering is hosted by Jiulong Baguazhang Preservation Society and Alpha State Events. Early Bird price is only \$399 for this entire week-long event!



For full information call or contact Loretta Wollering.

**Register Now to Guarantee Your Space!**

<http://www.taichigala.com/index.html>

Register By Phone Call: 973-827-8805



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