



**WEI TUO FOUNDATION**

## **SHAOLIN WEI TUO**

### ***BEGINNING MEDITATION CLASS***

*LEARN THE WEI TUO QI GONG ADVANCED DRILLS AND MEDITATIONS.*

THE CLASS WILL COVER: *THE EAGLE DRILL, DRAGON DRILL, CRANE DRILL, TIGER DRILL, AND BASIC MEDITATIONS.*

*WE WILL GO OVER MORE OF THE BASIC IDEAS OF CHINESE PHILOSOPHIES THAT ARE INCORPORATED INTO THE DRILLS AND MEDITATION.*

REQUIREMENTS: THAT YOU HAVE ALREADY LEARNED THE EIGHT MINUTE DRILL.

CLASSES MEET: EVERY TUESDAY NIGHT AT **7:30 TO 9** IN CLAREMONT.

\$40 per month, \$20 for students and seniors per month.

### ***ADVANCED MEDITATION CLASS***

*FOR THOSE WHO ALREADY KNOW THE ADVANCED DRILLS, I INVITE YOU TO JOIN THE ADVANCED MEDITATION CLASS. THE CLASS HAS BEEN AN ONGOING FOR MANY YEARS, SO IT GOES DEEPER INTO MEDITATION, QI GONG AND PHILOSOPHY.*

CLASSES MEET: EVERY THURSDAY FROM **7:30 TO 9** IN CLAREMONT.

\$40 per month, \$20 for students and seniors per month.

For information and the location of the classroom, please contact Jonathan at [weituofoundation@yahoo.com](mailto:weituofoundation@yahoo.com) or call at (909)762-4495 for more information.

[www.weituoqigong.org](http://www.weituoqigong.org)