



July 6th to July 9th 2013
GRAND-MASTER WONG KIEW KIT
6th SHAOLIN WAH NAM SUMMER CAMP IN PORTUGAL

It is for us a great pleasure to announce the 6th edition of Shaolin Wahnam Summer Camp in Portugal with our Grand Master Wong Kiew Kit, in a pleasant convivial atmosphere providing a rich and fruitful sharing of experiences and a dynamic regeneration for all.

Courses will be held in Lisboa, one of the most wonderful and enjoyable capitals in Europe, nearby the river Tagus, the sea, beautiful beaches, marvellous countryside and exquisite food!!

Choose your course options from the detailed information that follows, and feel free to contact us for any further information.

You have a rare opportunity to learn or perfect real Internal Arts from a genuine Master. Internal Arts of excellence contribute decisively to improve your life and achieve your goals.

Local: Holiday Inn Continental - Lisbon

Special rates are available for attendants of Shaolin Wahnam Portugal Summer Camp and their guests companions; early booking is advisable.

<http://maps.google.pt/maps?q=Hotel+Holiday+Inn+Continental,+Rua+Laura+Alves,+Lisboa&hl=pt-PT&ll=39.639538,-7.849731&sspn=9.979132,18.742676&oq=holiday+inn+conti&hq=Hotel+Holiday+Inn+Continental,+Rua+Laura+Alves,+Lisboa&t=m&z=15>

Hope to see you soon

Sifu Riccardo Salvatore

Program 6th to 10th July

Saturday July 6 th	9:00 to 13:00: <i>Generating Energy Flow</i> Course A 15:00 to 19:00: 18 Jewels Shaolin Wahnam - Module I Course B
Sunday July 7 th	9:00 to 13:00: 18 Jewels Shaolin Wahnam - Module II Course C 15:00 to 19:00: <i>Cosmic Breathing</i> Course D
Monday July 8 th	9:00 to 13:00: <i>Bone Marrow Cleansing</i> - Module I Course E 15:00 to 19:00: <i>Bone Marrow Cleansing</i> - Module II Course F
Tuesday July 9 th	9:00 to 13:00: <i>Taijiquan</i> - Essence of self-defence Module I 15:00 to 19:00: <i>Wuzuquan</i> - San Zhan Set Module I
Wednesday July 10 th	9:00 to 13:00: <i>Essence of self-defence</i> Module II 15:00 to 19:00: <i>Wuzuquan</i> - San Zhan Set Module II



GENERATING ENERGY FLOW

Saturday 6th July | 9:00 to 13:00

"Fundamental Basis for the practice of Shaolin Cosmos Chi Kung"

This course is designed for both beginners and advanced practitioners

Course A

On this course, taught by Grand-Master Wong in a much higher level than before, you will learn the 3 core skills that make Shaolin Wahnam Chi Kung stand head and shoulders above most of all other Chi Kung taught today.

Mastery of these skills will improve your health, increase your vitality, promote mental clarity and give you glimpses of cosmic reality. In short the practice of Shaolin Cosmos Chi Kung will make you better at everything you do.

Here are the 3 core skills:

Generating an internal energy flow - inside your body, which sometimes manifests outwardly as chi flow movement, is the most fundamental skill in chi kung. You will learn this skill within the 4 hours of the course. You will also learn how to open your heart.

How to enter a Chi Kung state of mind - You will learn how to attain this vital state of mind, which is one of the hallmarks of high level Chi Kung. This skill alone will enable you to relax physically, emotionally and mentally like never before.

Standing meditation - Many people in the West today mistakenly believe that the only way to meditate effectively is in the seated Lotus position. For beginners, the physical discomfort commonly experienced in this position makes it difficult to achieve mental stillness. This approach allows you to access the benefits of meditation quickly and effectively.

This is the foundation course for all of the other Shaolin Cosmos Chi Kung courses taught during Summer Camp 2013. It teaches you the fundamental (i.e. the most important) skills you need to achieve the benefits of high level Chi Kung.



18 JEWELS SHAOLIN WAH NAM CHI KUNG

Saturday 6th July 15:00 to 19:00 | Sunday 7th July 9:00 to 13:00

The 18 Jewels were initially taught to help people overcome pain and illness, and they are very effective. But they have developed to be more than just therapeutic exercises. There are 18 invaluable exercises in the 18 Jewels; they are actually more valuable than real jewels.

18 JEWELS SHAOLIN WAH NAM CHI KUNG

Saturday 6th 15:00 to 19:00- Module I | Course B (*)

The 9 exercises taught in Part 1, give good health, vitality and longevity

18 JEWELS SHAOLIN WAH NAM CHI KUNG

Sunday July 7th 9:00 to 13:00 - Module II | Course C (*)

Those other 9 exercises in Part 2, besides giving good health, vitality and longevity, gives flexibility of the hands and legs, as well as good posture and open-heartedness.

COSMIC BREATHING

Course D (*)

Sunday 7th July | 15:00 to 19:00

This is a very advanced course where students are led to expand spiritually into the Cosmos. This art also gives vitality and mental clarity.

In this apparently simple exercise you will literally be in tune with the Cosmos.

You will develop the capacity to capture Cosmic Energy, increase your energy levels and build a reserve in your Dan Tian.

You will have the capacity to increase your physical strength and resistance, to have a clear spirit and a mind that is fresh, peaceful and capable of rapid reflexes and decision making with a revitalised cell structure.

For many it comes as a pleasant surprise to achieve a deep feeling of happiness and internal peace with this practice.

(*) To participate in this course you need to have already taken a course with Grand-Master Wong Kiew Kit or an authorised Shaolin Wahnam Instructor.



BONE MARROW CLEANSING
Monday 8TH July | 9:00 to 13:00 - 15:00 to 19:00

Bone Marrow Cleansing is a comprehensive range of fantastic Chi Kung exercises that goes from the basic to the most advanced levels. It is a new set of Chi Kung exercises taught by Grandmaster Wong, and is becoming very popular.

BONE MARROW CLEANSING - I (*)
SKIN - FLESH - MERIDIANS
Monday 8TH July | 15:00 to 19:00

Part 1 covers the first three levels: the skin, the flesh, and the meridians.
The skin level gives practitioners a healthy, rosy look as well as promotes immunity.
The flesh level provides a lot of internal force for peak performance in work and play.
The meridian level is excellent for overcoming any pain and illness.

BONE MARROW CLEANSING - II (*)
ORGANS - BONE MARROW
Monday 8TH July | 15:00 to 19:00

Part 2 covers the two highest levels, the levels of internal organs and bone marrow.
The internal organ level erases bad Karma sustained in past lives.
Many mental impulses and negative emotions of past lives are locked deep inside internal organs and they affect the present life insidiously.
Cleansing the internal organ level clears away these bad influences.
The bone marrow level cleanses the nervous system and provides tremendous internal force for spiritual expansion. Many practitioners may experience expanding into the Cosmos.

(*) To participate in this course you need to have already taken a course with Grand-Master Wong Kiew Kit or an authorised Shaolin Wahnam Instructor.

⋮⋮⋮



TAIJIQUAN - ESSENCE OF SELF-DEFENCE

Tuesday July 9th & Wednesday July 10th - 9:00 to 13:00

Taijiquan is an internal martial art and an excellent method for health at the physical, emotional and mental level.

It is a gentle and harmonious training that improves vitality, develops the capacity for concentration, mental clarity and longevity.

A regular practice is a significant help to face all situations with positive energy and overcome challenges of life with serene and positive attitude.

The ancient Chinese defined it as "poetry in movement" and it can be considered as a form of dynamic meditation, which can lead us to live with spiritual joy and happiness.

This is a most comprehensive course on Taijiquan ranging from the most basic to advanced levels. Beginners learn to perform Taijiquan forms correctly and elegantly, while advanced practitioners develop internal force and learn combat application.

::::

WUZUQUAN - SAN ZHAN SET

For Instructors and practitioners of Chi Kung - Kungfu -Taiji Shaolin Wahnam
Tuesday July 9th & Wednesday July 10th - 15:00 to 19:00

Wuzuquan is famous for its internal force, internal force increases the development of mental clarity; both are excellent for good health, vitality and longevity, martial art competency as well as spiritual cultivation.

Many Wuzuquan practitioners do not know how to use Wuzuquan to develop internal force, or if they do, they take a long time.

It is incredible but true that you can learn how to develop internal force using Wuzuquan in this course.

This course is open only to Shaolin Wahnam students and instructors.

It is suitable for any style of kungfu (including Taijiquan) and Chi Kung. While knowing the San Zhan Set is an advantage, no prior Kungfu experience is required.

Those who have missed this course, now have a chance in Portugal. Those who have taken the course before can take the Portugal course again to benefit from the latest improvement.

For information and registration contact the secretary Daniela Anastasio
Praça Afrânio Peixoto 2, 1º Dtº 1000-009 Lisboa | Tel 218 478 713 | Tlm 919 721 111
info@shaolin-wahnam-portugal.com
Detailed Shaolin Wahnam information in www.shaolin-wahnam-portugal.com



July 6th to July 9th 2013
 GRAND-MASTER WONG KIEW KIT
 6th SHAOLIN WAHNAME SUMMER CAMP IN PORTUGAL

Chi Kung Shaolin Wahnam	Paid until 21/6	Paid on Course
Course A - B - C - D - E - F	160€	190 €
1 Course	160€	190€
2 Courses	260€	290€
3 Courses	360€	390€
4 Courses	460€	490€
5 Courses	560€	590€
6 Courses	660€	690€

Kungfu + Chi Kung	Paid until 21/6	Paid on Course
Wahnam Taijiquan	260€	290€
Kungfu Shaolin Wahnam	260€	290€
Kungfu ou Taiji + 1 CK	360€	390€
Kungfu ou Taiji + 2 CK	460€	490€
Kungfu ou Taiji + 3 CK	560€	590€
Kungfu ou Taiji + 4 CK	660€	690€
Kungfu ou Taiji + 5 CK	760€	790€
Kungfu ou Taiji + 6 CK	860€	890€

Kungfu + Taiji + Chi Kung	Paid until 21/6	Paid on Course
Kungfu + Taijiquan	460€	490€
Kungfu + Taiji +1 CK	560€	590€
Kungfu + Taiji +2 CK	660€	690€
Kungfu + Taiji +3 CK	860€	890€
Kungfu + Taiji+ 4 CK	960€	990€
Kungfu + Taiji+ 5 CK	1060€	1090€
Kungfu + Taiji+ 6 CK	1160€	1190€

Regular practitioners SWP Kungfu & Taijiquan 10% discount

Benefit from the discount available, book your course with 50% and pay 1 week before beginning Sumer Camp:
 NIB: 0033 0000 00018877619 19
 IBAN: PT50 0033 0000 0001 8877 619 19
 BIC/SWIFT: BCOMPTPL

Special rates - Hotel Holiday Inn Continental - Sumer Camp Shaolin Wahnam Portugal
 Single room 75€ - Double room 85€ - breakfast buffet included
 Reservations Mrs. Dina Pereira + 351 21 004 62 03 - +351 21 004 60 00
banghic@grupo-continental.com