



## SHAOLIN WAH NAM PORTUGAL

“... dedicado a preservar e transmitir as Artes Tradicionais de Shaolin em todo o mundo...”

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GRAND-MASTER WONG KIEW KIT

4th Generation Successor of the Venerable Jiang Nan of the Southern Shaolin Monastery

5th SHAOLIN WAH NAM SUMMER CAMP IN PORTUGAL

26<sup>TH</sup> JUNE TO 1<sup>ST</sup> JULY 2012

It is with a great pleasure to announce the 5th edition of Shaolin Wahnam Summer Camp in Portugal with our Grand Master Wong Kiew Kit.

It takes place again in a pleasant convivial atmosphere providing a rich and fruitful sharing of experiences and a dynamic regeneration for all.

This year the courses will be held in Lisbon, one of the most wonderful and enjoyable capitals in Europe near by the river Tagus, the sea, beautiful beaches, a marvellous countryside and food!!

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

You have here a rare opportunity with one of the few genuine Masters, to learn or further perfect these Arts of excellence that contribute clearly and decisively to improve your life and give it a sense of fullness at all levels.

Hope to see you soon

Sifu Riccardo Salvatore



GRAND-MASTER WONG KIEW KIT  
5th SHAOLIN WAHNAME SUMMER CAMP IN PORTUGAL  
26<sup>TH</sup> JUNE TO 1<sup>ST</sup> JULY 2012  
PROGRAM

**Tuesday 26<sup>th</sup> | 26 June | 19:00**

Livraria Barata – Av. Roma 11 – Lisbon

**PRESENTATION OF THE BOOK “ARTE DO CHI KUNG”**

Grand Master Wong Kiew Kit, will present the Portuguese version of “The Art of Chi Kung” in a very well known bookshop in central Lisbon.

This book, one of his 12 books already written, already translated in several languages, is one of the masterpieces in Chi Kung. Explains in clear way the spiritual, philosophical and practical approach of the basis of Shaolin Wahnam Chi Kung.

Gran Master will be autographing the book.

<http://maps.google.pt/maps?q=Livraria+Barata,+Avenida+de+Roma,+Lisboa&hl=pt-PT&sll=38.741519,9.149627&sspn=0.019749,0.036607&oq=livra&hq=Livraria+Barata,&hnear=Av.+de+Roma,+Lisboa&t=m&z=13>

**ACTIVITIES**

**LISBON –HOLIDAY INN CONTINENTAL HOTEL**

**Thursday 28<sup>th</sup> & Friday 29<sup>th</sup> – 18:30 to 21:30**

**IRON WIRE (CAMISA DE FERRO)**

For practitioners or students of Taiji – Kungfu Shaolin Wahnam

The Iron Wire Set is probably the most powerful set for developing mental clarity and internal force. In the past it was a prestigious set taught only to selected disciples. Grandmaster Wong has generously shared it with our Shaolin Wahnam Family members.

Because of his wide experience and depth in internal force training, Grandmaster Wong has introduced the amazing Taijiquan approach to Iron Wire, which not only makes the training safe but also greatly speeds up and increases the development of mental clarity and internal force, which are excellent for good health, vitality and longevity, martial art competency as well as spiritual cultivation.

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 for the latest improvement.



**Saturday 30th June | 9:00 to 13:00**

**GENERATING ENERGY FLOW (\*) Course A**

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

This course is designed for both beginners and advanced practitioners

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 97% 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 2012. It teaches you the fundamental (i.e. the most important) skills you need to achieve the benefits of high level Chi Kung.



**Saturday 30<sup>th</sup> June | 15:00 to 19:00**  
**COSMIC SHOWER (\*) Course B**

Cosmic Shower is the most representative of the Shaolin Wahnam School. Grand-Master Wong has highly improved the methodology in this course. Certainly worth the time and effort for those who took the courses before to take it again.

You will learn how to capture energy from the Cosmos and direct it to flow internally and externally through your body as a cosmic shower to give you vitality and pleasure in your daily work and in your leisure moments.

As well as increase your levels of vitality, correct health problems, clarify and expand your mind it develops your conscience and strengthens your spirit.

This high level practice will develop your capacity to cultivate higher levels of consciousness and feel mentally alert while harmonising your own vital energy.

It is normal in this course to feel in tune with the Cosmos and experience a state of inner peace and happiness.

(\*)To participate in this course you need to have already done a course on the basic principles of Shaolin Wahnam with Grand-Master Wong Kiew Kit or an authorised Shaolin Wahnam Instructor.



**Sunday 1<sup>st</sup> July**

**BONE MARROW CLEANSING**

Bone Marrow Cleansing is a comprehensive range of Chi Kung exercises that includes 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.

**9:00 to 13:00**

**Bone Marrow Cleansing I (\*) Course C**

Skin – Flesh – Meridians

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.

**15:00 to 19:00**

**Bone Marrow Cleansing II (\*) Course D**

Organs – Bone Marrow

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 experience expanding into the Cosmos.

(\*)To participate in these courses I & II, you need to have already done a course on the basic principles of Shaolin Wahnam with Grand-Master Wong Kiew Kit or an authorised Shaolin Wahnam Instructor.



**Local:**

Holiday Inn Continental Hotel  
Rua Laura Alves  
Lisbon

Special rates for attendants of Shaolin Wahnam Portugal Sumer Camp and companions are welcome. It is advisable to book in time.  
Single 75€ - Double 85€ with breakfast buffet included

**Reservations:**

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**Costs**

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<b>Chi Kung Shaolin Wahnam</b>	Pay until	Pay until
1 course	180€	190€
2 courses	315€	330€
3 courses	400€	420€
4 courses	475€	500€

<b>Regular pupils Taiji – Kungfu Shaolin Wahnam Iron Wire Camisa de Ferro</b>	Pay until	Pay until
June 28 <sup>th</sup> and 29 <sup>th</sup> 18:30 to 21:30	285€	300€
Iron Wire + 1 Chi Kung	400€	420€
Iron Wire + 2 Chi Kung	475€	500€
Iron Wire + 3 Chi Kung	545€	575€
Iron Wire + 4 Chi Kung	615€	650€



Benefit from the discount available, book your course with 50% and pay 1 week before beginning Sumer Camp:

NIB: 0033 0000 00018877619 19

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BIC/SWIFT: BCOMPTPL

For information and registration contact the secretary Daniela Anastasio

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