



SHAOLIN WAH NAM PORTUGAL

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

GRANDMASTER WONG KIEW KIT

Fourth Generation Successor of the Venerable Jiang Nan of the Southern Shaolin Monastery

SPECIAL COURSE SHAOLIN WAH NAM

18 LOHAN ARTS

Hotel Holiday Inn Continental Lisboa | Sala Descobertas

19 and 20 February 2011

The “18 Lohan Arts” (Sap Pat Lor Hon Kung in Cantonese) a legacy from Shaolin and an evolution from the “18 Lohan Hands” (Sap Pat Lor Hon Sau), taught by the Great Bodhidharma at the Shaolin Temple around 530 DC.

The “18 Lohan Arts” are a marvellous set of Chi Kung exercises emphasizing on developing internal force which is the support of our life and vitality, health, mental clarity and spiritual accomplishment.

The “18 Lohan Arts” will be presented for the first time in Portugal in a 4 modules specially oriented set for: (A) Health by the free flow of Energy, (B) Developing Internal Force, (C) Fa-Jing or Exploding Force" (D) Attaining Balance and Clarity.

In such way you can chose one or more courses according to your needs and convenience.

Of this fantastic set of exercises you can use one or several, in sequence or random to enjoy all the marvelous benefits that genuine Chi Kung Shaolin provides.

See you soon,

Master Riccardo Salvatore



GRANDMASTER WONG KIEW KIT
SPECIAL COURSE SHAOLIN WAHNAME
18 LOHAN ARTS
PROGRAM

Module A* | “18 Lohan Arts

– Generating Energy Flow”

Saturday, 19 February | 9:00 - 13:00

Free Energy Flow for Full Health and Shaolin philosophical basis

Module B | “18 Lohan Arts

– Developing Internal Force”

Saturday, 19 February | 15:00 - 19:00

Energy Flow to Develop Internal Force

Module C | “18 Lohan Arts

– Exploding Internal Force - Fa Jing”

Sunday, 20 February | 9:00 - 13:00

“Fa Jing” Expansion and application of Internal Force for Vitality and Zest in Day Life not only for Martial Arts

Module D | “18 Lohan Arts

– Attaining Balance and Clarity”

Sunday, 20 February | 15:00 -19:00

Developing and clarifying mind and spiritual expansion

(*) Module A is essential for those without Chi Kung Shaolin Wahnam experience

The Seminar will be held in English translated to Portuguese

Detailed information on “18 Lohan Arts”:

<http://www.shaolin.org/general-2/eighteen-lohan-art.html>

<http://www.shaolin.org/comments-2/chris-swacha.html>



GRANDMASTER WONG KIEW KIT
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18 LOHAN ARTS
COST

Cost: «18 Artes Lohan»	Payment Until 15/2	Payment on 19/2
Attending 1 seminar	185€	200€
Attending 2 seminar	325€	350€
Attending 3 seminar	460€	500€
Attending 4 seminar	590€	650€

NIB: 00 33 0000000 18877619 19

IBAN: PT50 0033 0000 0001 8877 6191 9

SWIFT CODE: BCOMPTPL

Local: Hotel Holiday Inn Continental Lisboa | Sala Descobertas

Special hotel room rate to Seminar attendants

(Rita Pires | 21 004 62 03 | banqhic@grupo-continental.com)