

Daoist Cultivation Today

with Livia Kohn

June 22-24, 2012 • 8:30 am - 4:30 pm
Santa Rosa, California

The energy body is a reality of life that we all share but tend not to be aware of, let alone know **how to manage and improve**. Daoists have pursued self-cultivation and physical perfection for several millennia. This wisdom is becoming increasingly well-known in the modern West, as methods such as **taiji quan**, **qigong**, and **feng shui** spread more widely. These techniques have been found **beneficial for a wide range of conditions, overall improvement of well-being, and the extension of life**. They—as well as related, less well-known methods involving **breathing, meditation, and movement**—all work with and enhance the energy body. This series of three workshops presents Daoist cultivation from different angles:

Friday, June 22 • Daoist Cultivation in the Light of Modern Science

Examines the worldview and fundamental practices of Daoist cultivation in relation to modern science, notably quantum physics, cell biology, energy medicine, applied kinesiology, hypnosis, and energy psychology.

(Text: Imke Bock-Möbius, *Qigong Meets Quantum Physics*)

Saturday, June 23 • Forms of Daoist Meditation in Cross-Cultural Perspective

Focuses on Daoist forms of meditation, such as energy guiding, inner observation, oblivion, and internal alchemy, showing how they are practiced. (Text: Livia Kohn, *Meditation Works*)

Sunday, June 24 • Traditional Longevity Techniques & Their Modern Application

Presents traditional longevity techniques such as breathing, exercises, dietetics, and lifestyle simplifications on the basis of original sources and shows how they can be best adjusted to life in the world today. All three together present a thorough overview of the Daoist ways that allow us to realize our unique personal destiny in this world. (Text: Livia Kohn, *A Sourcebook in Chinese Longevity*)

\$125 each or **\$330** for all three (includes tuition and textbooks)

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Livia Kohn is Professor Emerita of Religion & East Asian Studies at Boston University. Her specialty is Daoism and the study of Chinese longevity practices. She has written and edited numerous books and articles. A long-term practitioner of taiji quan and meditation, she is also a certified instructor of yoga and qigong as well as a Core Health facilitator. One of the world's foremost scholars, Livia is expert at placing each practice in its historical and cultural context, relating its current application and efficaciousness to modern Western living.

