

# Taoist Philosophy & Taichi/Qi-Qong

- \* Date and Time: April. 15, 2012; 1 – 4 PM
- Location: Middletown Municipal Building –  
3 Municipal way, Langhorne, PA 19047
- \* Pre-Registration Required: Contact Dr. Luke Jih  
[goldenlightjih@aol.com](mailto:goldenlightjih@aol.com)
- \* Fee: \$ 30.00 Per Person; Group Rate Available



• *Speaker: Luke (Chang-shin)  
Jih Ph. D*

• *Professor in the fields of Asian  
Philosophy, Comparative Ethics,  
Meditative & Healing Rituals in  
the World Religions*

• *Certified Taoist Priest with  
Monastic Trainings on Insight  
Meditation , Healings &  
Channeling*

• *Certified Instructor: Tai-Chi,  
Feng-Shui Yoga, Qi-Qong*

• *Author: The Tao of Jesus*



## The Contents

1. History and Development of  
Taoism: Taoist Philosophy &  
Religion
2. Immortality and Taoist Holistic  
Body/Mind/Spirit Trainings
3. *Taichi* and Taoist Principles: Taoist  
Sage, *Wu-Wei*, Tranquility, Unity of  
the Opposite, Inwardness, Perfect  
Unity, *Yin-Yang*, Life Forces (*Jin*,  
*Chi*, *Shen* & Five Elements)
4. Hands-on Practice of *Taichi* &  
*Qi-Qong* based on the Taoist  
Principles