

# Weekend with Master Ou

## March 14-17 2014

Master Ou is a world renowned Qi Gong Master and originator of Pangu Shengong (PGSG), a system of Qi Gong designed to heal the body on all levels and connect the practitioner to Divine Energy. Based on the relationship between man and nature, PGSG enables practitioners to absorb the life force of the universe

**Healing Sessions** are available 1:1 with Master Ou for individuals who would like to receive Qi to either optimize their health and/or receive assistance with a particular health challenge. There will also be an English translator present for non-Cantonese/Mandarin speakers. Cost: \$70



### Healings at Ananda Healing Arts

Friday March 14 9am - 5pm

Monday March 17 9am - 6pm

To register please contact Anisha Desai Fraser  
anisha@anishadesai.com 919-389-1420



*Experience the Healing of Pangu Shengong*

**Classes at Hampton Inn Crabtree** 3920 Arrow Dr Raleigh, NC **Registration** <https://pangu26.wufoo.com/forms/pangu-shengong-course-payment-form/> **Questions?** Contact Paul Fraser tikualig@aol.com 781-775-6933 or Tracy Sturdivant gathervitality@yahoo.com 919-2915001

### FREE lecture

Friday March 14th 6:30-7:30

### Moving Form Course

Friday March 14 8-9:30pm or Saturday March 15 9-10:30am

**No prerequisite Cost:\$120 Retake: \$60**

This is the foundational course. Master Ou will teach a qigong form that cultivates a great deal of Qi/energy, and improves the quality of existing Qi. This form focuses on cultivating Qi for the physical body to heal from illness or injuries, or to maintain optimal health. It is the prerequisite for the Healing Skills, Non-Moving, Intuition Development, & Advanced Form Courses.

### Healing Skills Course

Saturday March 15 11am-12:30pm

**Prerequisite: Moving Form**

**Cost:\$120 Retake: \$60**

This course is open to everyone who has taken the Moving Form Course. However, it is designed to teach skills to those interested in helping others heal from a wide range of health conditions or injuries. Acupuncturists, chiropractors, massage therapists, medical doctors, etc typically take this course along those looking for a method to help others.

### Non-moving Form Course

Saturday March 15 2-3:30pm

**Prerequisite: Moving Form (recommended practice for 1 month)**

**Cost:\$120 Retake: \$60**

The Nonmoving Form is designed to strengthen and elevate the heart & soul. The functions of the heart & soul involve those human characteristics that are invisible but are nevertheless obvious. These include intelligence, memory, creativity, intuition, reasoning ability, & elevated spiritual states. At the same time, this form helps soothe the central nervous system, inducing feelings of peace and tranquility. The type of Life Force cultivated benefits the different structures in the brain, the sensory organs in the head (eyes, ears, nose), and the spinal column. The Non-Moving Form Course is the prerequisite course for the Intuition

Development Course. This course builds on the Moving Form Course, however its primary focus is the central nervous system & functions of the heart & soul.

### Pangu Yoga

Saturday March 15 4-6pm

**No Prerequisite (some yoga experience is recommended) Cost:\$120 Retake: \$60**

Join Anisha and Master Ou for a unique Pangu Yoga experience. Anisha co-created this form with Master Ou's deep wisdom & guidance. His energetic support & Divine presence throughout the practice will rock your world! Master Ou will come in person & transmit Divine healing Qi to the students after practice. The healing benefits of Pan Gu Yoga include a strong internal body, the regulation of muscles & tendons, a healthy immune system, a clear, calm, & focused mind, balanced emotions, a balanced nervous system, cultivation of spirit, & transformation of heart & soul. The effects of this yoga are cumulative, building a reservoir of peaceful vitality, & continuously strengthening your Divine connection each time you practice.

### Advanced Condensed Form

Sunday March 16 9-10:30am

**Prerequisite: Moving & Nonmoving for about 1 year (exceptions made)**

**Cost: \$150 Retake: \$75**

This form condenses the strengths of the Moving & Nonmoving Forms into a five minute routine, with even greater effects. Practiced regularly along with the combined Moving & Nonmoving Form, the Advanced Condensed form is designed to greatly enhance & accelerate the depth & strength of one's practice. This class is open to anyone who has learned & practiced the Moving and Nonmoving forms for at least one year.

### Intuition Development Class

Sunday March 16 11am - 12:30pm

**Prerequisite: Nonmoving form**

**Cost: \$60 Retake: \$60**

Master Ou sends energy focused on the different structures in brain to facilitate the development of intuitive abilities. This session also serves two ad-

ditional purposes: To provide participants with a profound deep healing physically & spiritually & to guide participants with trying to see & experience what Pangu has been sharing with Master Ou for the past three decades.

No additional form is taught, this is a group energy session open to anyone who has taken the Non-Moving Form course.

### The Path of Life

Sunday March 16 2-3:30pm

**Prerequisite: Reading Path Of Life Volume 3 Cost: \$60 Retake: \$60**

In this class, Master Ou will discuss his experiences detailed in his book, The Path of Life. An unusual & inspiring work, The Path of Life chronicles Pangu's (the Divine's) revelations about the past, present & future of humanity, the reasons for the world's present circumstances, & offers detailed insights into the bright future awaiting all people. There will be ample opportunity for questions & discussion. Please be sure to fulfill the prerequisite reading of the book, to make for an interesting & lively event!

### Teacher Training

Sunday March 16 4-5:30pm

**Prerequisite: 6 months practicing Moving and Non-moving Form, Read The Path of Life**

**Cost: \$360 Retake: free**

In this class, Master Ou will prepare students to teach the Pangu Shengong Moving form. This is accomplished through gaining a deeper understanding of Pangu philosophy, & through a powerful transmission of energy that strengthens the student's connection with Master Ou & Pangu. After this training, a Pangu Shengong Moving Form teacher is able to transmit the foundation of the form to new students, allowing them to progress quickly towards health & well being. \* Please be sure to request permission from Olivia before the teacher training class. info@pangu.org The requirements to take this class are: Practice of the Moving Form & Nonmoving form for six months, & to have read The Path of Life.