

Paul L. Hannah M.D. is a Master Teacher Healer. He is an internationally recognized Spiritual Qi Gong Master and a resource for higher dimensional knowledge. Dr. Hannah has traveled the world studying Martial Arts extensively (Hong Kong, Tibet, Canada, Malaysia, and China) He is the author of 2 books; *Qi Gong Awakens* and *Remembering the Qualities of your Soul*. Black Water Tiger is Dr Hannah's system that he developed and teaches.

Acknowledgments

Thanks to Master George Ling Hu for introducing me to Yang style Tai chi Chuan and Praying Mantis. Master Wong Kew Kit who enhanced my Qi Gong practice. Master Hong Lui who accepted me as an apprentice in Qi Gong. Grandmaster Kwok (Hong Kong) and Grandmaster Liang (Oakland) who taught me Fu style Ba Qua Chuan.

SPIRITUAL QI GONG
EXPANDING
DIVINE WARRIOR FREQUENCY

In this spiritual Qi Gong workshop, the participants will learn

- 1) Dynamic energy flow from the Universal Energy through their Crown Chakra (Bahui), Heart Chakra and Bubbling Well (Kidney I)
- 2) Conscious utilization to expand Qualities of a Divine Warrior which is grounded in Universal Truth and Unconditional Love. Manifesting Courage, Confidence and Compassion.
- 3) Learn to balance One's intellectual, emotional, physical and spiritual bodies.
- 4) The definition of a Divine Warriorship is skilled in Martial arts, Laws of Energy, and the Universal Laws of Oneness.

TAI CHI CHUAN APPLICATION FOR SELF DEFENSE AND FIGHTING

Tai Chi Chuan is one of the 4 internal martial arts which includes; Ba Qua Zhang, Xingyiquan, and Lui He Ba Fa. Tai Chi movements are based in the principle of water and the dynamic interplay between relaxation and balance of Yin/Yang energies

This workshop focuses on how to relax, neutralize, deflect and strike utilizing the powerful Empty Circle.