

Humility is the highest reach for beauty at the most vulnerable hour." ~Zhenzan Dao

WWW.MOGADAO.COM

# MogaDao Institute

## 2017 SCHEDULE

ALL CLASSES TAUGHT BY MASTER ZHENZAN DAO

### ONGOING WEEKLY CLASSES

#### TUESDAY:

12.15PM – 1.30PM:

MOGADAO COSMOLOGICAL QIGONG

1.45PM – 3PM:

MOGADAO 5-ELEMENT YOGA-ALL LEVELS  
THEORY AND PRACTICE

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#### FRIDAY:

2.00PM – 3.45PM:

HEARTMIND WARRIOR SEMINAR

(Suggested Price: \$20; Sliding Scale: \$0—25)

4.00PM – 5.15PM:

MOGADAO GONGFU

5.15PM – 5.45PM:

EMPTY SKY EMBODIED MEDITATION

(Suggested Price: \$10; Sliding Scale: \$0—\$15)

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#### SATURDAY:

2.00PM – 3.15PM:

MORNING MEDICAL QIGONG

3.30PM – 4.45PM:

MOGADAO: THE LIFE FORCE

**Suggested Price  
for each class:**

**\$15**

(except where noted)

*or*

**Sliding Scale:**

**\$0-\$20**

ALL CLASSES ARE HELD AT  
**THE RAILYARD  
PERFORMANCE  
CENTER**  
1611 PASEO DE PERALTA  
SANTA FE, NM

**Open to the Public.**

**Beginners Welcome!**

**Wear comfortable clothing.**

**Perfume and fragrance free.**

For all information regarding  
*MogaDao: The Way of Complete  
Harmony* including curriculum,  
the MogaDao Teacher  
Certification Program, MogaDao  
Satellite Practice Communities, or  
for the possibility of hosting an  
All-discipline MogaDao Intensive,  
please contact:

Thomas Jagers,  
Community Relations Director:  
community@mogadao.com

To contact  
Master Zhenzan Dao directly:  
contact@zhenzandao.com

### SATURDAY EVENING MOGADAO SACRED DAOIST SEXUALITY WORKSHOP SERIES

This is an ongoing, once-a-month  
workshop, covering all of the practices  
and ideologies of MogaDao Sacred Daoist  
Sexuality. For the upcoming workshops  
and a detailed description, please see  
the Workshops and Events page on the  
MogaDao website:

**WWW.MOGADAO.COM**

**FULL CLASS DESCRIPTIONS ON BACK**

**TUESDAYS****MOGADAO COSMOLOGICAL QIGONG    12:15PM – 1:30PM**

This class focuses on the six MogaDao Cosmological Qigong Forms, which tonify the Yin and Yang organs and harmonize the energy of human being with that of the Cosmos. These forms attend particularly to seasonal transitions and the essential energies of the 5-Elements of Traditional Chinese Medicine. The class also provides Master Zhenzan Dao the opportunity to offer qigong as a communal rite of healing and spiritual concentration according to events personal, societal, or global. MogaDao Cosmological Qigong is beneficial for students wishing to embody the mystical or hieratic aspect of qigong, as well as for those seeking healing for chronic illnesses. No experience is necessary.

**MOGADAO 5 ELEMENT YOGA -ALL LEVELS    1.45PM – 3PM**

MogaDao Yoga is the integration of classical Hatha Yoga with 5-Element Theory from Traditional Chinese Medicine. This practice session focuses on the correspondences, unique to MogaDao Yoga, between the 5 Elements and specific anatomy within yoga asana. MogaDao Yoga is characterized by precision and slowness, heightened somatic awareness, fluidity, grace, and strength development. Asana and the transitions between asana are experienced as qigong forms, containers and conduits of subtle energy. MogaDao Yoga is informed by both the Iyengar and the Ashtanga traditions and therefore provides an exceedingly strong base for all Hatha Yoga practice.

**FRIDAYS****THE HEARTMIND WARRIOR SEMINAR    2.00pm – 3.45pm**

(Suggested Price: \$20; Sliding Scale: \$0—25)

The Heartmind Warrior Seminar focuses on human empowerment, personal dignity, and societal justice through various modes of physical training and academic study, combined in the same practice/class session. The program incorporates qigong (the MogaDao Hieratic Stance Series and group and partner qigong exercises and forms), the Heartmind Warrior Practice Ritual, “episodes” of traditional taiji forms chosen for their instructive energetic qualities, and the Heartmind Warrior Gongfu Form (taiji version). The academic portion of the class is separated into “semesters” of sociopolitical and existential importance, with readings and in-depth classroom discussions. No experience is necessary.

**HEARTMIND GONGFU TRAINING    4.00PM – 5.15PM**

The Heartmind Warrior Gongfu Training Class is a specialized adjunct to the Heartmind Warrior Training Program. This is a rigorous, full-intensity gongfu class focusing on the same spiritual issues as the Heartmind Warrior Seminar, but within the context of demanding fitness exercises and careful martial sparring. Students learn a tremendous vocabulary of gongfu techniques, ultimately at full intensity, but in a monastic (sacred) environment in which personal empowerment is seen as the prerequisite for non-violence. Students interested in Heartmind Warrior Gongfu Training may come to witness the class in order to decide whether it is right for them.

**EMPTY SKY EMBODIED MEDITATION    5.15PM – 5.45PM**

(Suggested Price: \$10; Sliding Scale: \$0—\$15)

MogaDao Empty Sky Meditation is a simple and unthreatening embodied form of meditation that gently and systematically absorbs what Master Zhenzan Dao calls “the gifts of Being”—Sensing, Feeling (Emotion), Thinking, and Imagining—into the “Empty Sky” of imperturbable calm and tranquility. Empty Sky Meditation is a non-dual form of meditation, perceiving Being and Non-being to be mutual rather than antithetical. Empty Sky Meditation is for beginning and more advanced meditators alike. No experience is necessary.

**SATURDAYS****MORNING MEDICAL QIGONG    2.00PM – 3.00PM**

MMQ is the foundational qigong form of MogaDao Qigong; as such it is always the “congregational” class of MogaDao. These eleven qigong forms, laced together with graceful transitions to make one form, nourish every organ in the Zangfu organ system of TCM. The form is also a mythopoetic carrier for a vast range of psychospiritual attributes (archetypes) of human being. This is the first form that Master Zhenzan Dao developed and consequently used to heal themselves from Chronic Fatigue Syndrome, in the 1990s.

**MOGADAO: THE LIFE FORCE    3.30PM – 4.45PM**

(Suggested Price: \$10; Sliding Scale: \$0—\$15)

MogaDao Internal Alchemy and the MogaDao Sacred Daoist Sexuality Qigong forms—as well as very gentle yoga postures that relate directly to the energies nourished and enlivened by these forms—are combined in a single class. MOGADAO: THE LIFE FORCE class focuses specifically on the cultivation of sexual and creative-life-force-qi for the purposes of healing chronic illness, expanding creativity, and enlivening and freeing the erotic and sexual body. No experience is necessary.