



# Pangu Shengong

## Saturday, October 21, 2017 Learn Pangu Shengong with Master Ou

For schedule and registration:

<http://www.pangu.org/events/boston-fall-2017/>

### Location:

South Shore Natural Science Center  
48 Jacobs Lane  
Norwell, MA 02061

Contact: Elizabeth Medaglia

Phone: 781-385-9283



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## What is Pangu Shengong?

Pangu Shengong (aka Pan Gu Mystical Qigong), developed by Master [Ou Wen Wei](#), has its fundamental philosophy and practice rooted in kindness and benevolence. It is designed to absorb the beneficial energy of the sun and moon and the essence of the Qi of the universe. It regulates and intensifies Life Force and the immune system. Pangu Shengong is a specialized form of Qigong that is simple to learn, and its benefits to health and well-being can be experienced immediately. The positive effects from regular practice include:

- Balance, Harmony, Peace of Mind
- Strengthening the Immune System
- Increased Well Being, Happiness  
& Inexhaustible Vitality

Thousands of people have used this method to recover from some of the most serious health conditions, and continue to have lives filled with good health and vitality.

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## Class Schedule

### **The Moving Form: 10:00-11:30am \$120**

This is the basis of Pangu Shengong and takes about 20 minutes to complete. This exercise cultivates qi, and is designed to promote health, vitality, balance and a sense of well being through strengthening of Life Force.

### **Medical Qigong Skill Development (Healing Technique): 12:00-1:30pm \$150**

#### **Prerequisite: Moving Form**

This healing form, also known as the Pangu Shengong Medical Qigong Skill Development class, Master Ou will explore the pathways of healing with qi and teach basic healing methods you can use to help others. This powerful and effective technique will teach you how to help others while also helping yourself.

### **Nonmoving Form: 2:30-4:00pm \$120**

#### **Prerequisite: Moving Form**

The Nonmoving form is a more advanced form of qigong and no physical movement is required. The form is designed to strengthen the nervous system, the Spirit, increase mental capacity and cultivate intuitive abilities.

### **Advanced Form: 4:30-6:00pm \$150**

#### **Prerequisite: Nonmoving Form**

The highest level form of Pangu Shengong system.