

The Joy of Tao

Saturday, August 6th, 12-5pm

\$60 adv. / \$75 at the door

“There are only two ways to live your life. One is as though nothing is a miracle, the other is as though everything is a miracle.” –Albert Einstein.

With modern life, we enjoy so many wonderful things, and it can also be fast paced and consuming at times, which can lead to stress and imbalance. In the “Joy of Tao” workshop, you will experience practical and easy techniques to find balance within yourself and the natural world we live in.

We will explore the cultivation of our life force energy or “Chi” through breathing techniques, Tai Chi, Chi Kung, and Taoist Meditation in an environment that is fun and full of joy. Techniques such as the 6 Healing Sounds, Small Heavenly Circle (Microcosmic Orbit), and Lotus Meditation will be covered. At the end of the workshop, you will have a practice for re-energizing yourself physically and emotionally, and as a tool to discover your own personal “Tao” or way.



Daniel Lee is the founder of **Being Balance**, and created the Being Balance System so that we may integrate the traditional Tao Practices with our contemporary lives. As a disciple of Sifu George Liew (Hong Kong Tai Chi Assoc., Cheng Ting Hung lineage), and as a direct student and certified teacher under Taoist Grand Master Mantak Chia, Daniel Lee is highly qualified as a teacher of the Tao.

Call 310.559.7200 to Reserve your Space!

