

In Motion Center
Masters in Residence Series
Grandmaster Sam F. S. Chin
I Liq Chuan – Zhong Xin Dao - Spring 2018 Seminar Series



May 2	Wednesday	7 pm – 9:30 pm	The Process of ‘Zhong Xing Dao’ Using Reflection instead of Knowledge Stability & Balance - the Moment Itself “The 3 Planes Sharing the Center Axis”	\$ 65
May 3	Thursday	11 am - 3 pm	Understanding Your Body’s Axial Rotation Differentiating Returning vs. Reversing Forces While Matching the Opponents Circle	\$ 85
May 3	Thursday	7 pm - 9:30 pm	Double Hip Circles with the Central Axis Recognizing the Limit as Your Source of Power	\$ 65
May 4	Friday	11 am - 3 pm	The Skeleton – Bone as the Neutral Center of Your - Yin and Yang Muscles	\$ 85
May 4	Friday	7 pm - 9:30 pm	Body, Feeling, Movement, Conditions 4 Aspects of Training & 5 Element Nei Gung	\$ 65
May 5	Saturday	9:30 am – 11:30 am	Upper Level Student & Instructor Levels ILC Members Testing & Grading	
May 6	Saturday	12:30 am - 7:30 pm	Mass, Gravity and Alignment Refining Spinning & Sticky Hands – The Process of Upper & Lower Hands Still Point as the Point of Contact How to Listen - Feed - Lead	
May 6	Sunday	10:30 am - 6:00 pm	Weekend Seminar	\$ 235

To register and arrange your payment call 510-261-4570 or email

blangan@stillnessinmotion.com

Seminar Locations:

Weekday and Evening Seminars
& Saturday Morning Testing:

Weekend Seminars location TBA

*In Motion Center 1091
 Calcot Place 412
 Oakland CA, 94606*