

2016

SACRED MOUNTAIN SUMMER RETREAT

Nourishing Life and Studying Classical Chinese Medicine

Qigong, Meditation, Chinese Herbal Medicine, *Paozhi*

STUDY AT
HANSHAN ABODE FOR THE STUDY OF TRADITIONAL CHINESE ARTS
NEAR BUDDHIST CROUCHING TIGER MONASTERY
MT. EMEI - CHENGDU, CHINA

WITH
HEINER FRUEHAUF
WANG QINGYU
HU CHANGJIANG
DENG ZHONGJIA
CUI CONGZHI

SEPTEMBER 1-17, 2016



Prof. Heiner Fruehauf



Prof. Wang Qingyu

AT LEAST
60 NCCAOM PDA/CEU
CREDIT HOURS
(PENDING APPROVAL)

ORGANIZED BY

HERON INSTITUTE
FOR LIFE SCIENCE
a not-for-profit organization

P.O. Box 70 Corbett, OR 97019
hfruehauf@me.com

Traditional culture, in the quantum age, is being rediscovered as an immensely rich fountain of personal and scientific inspiration. China is one of the world's great quarries of traditional knowledge. Chinese wisdom, however, is highly personalized and can rarely be found in an institutionalized setting. It is still primarily through oral transmission that the gnostic arts and sciences of China are passed on.

Prof. Heiner Fruehauf designed the Sacred Mountain Retreat Program in 1994 to facilitate a direct contact to this source, and has been bringing motivated groups for travel and study to China ever since. Because of the drastic environmental and socioeconomic changes that have taken place in China during the last decade, there have only been a few of these unique journeys in recent summers. This year, however, Heiner jumped at the rare opportunity to study with some of China's best *paozhi* (classical Chinese herb processing) experts and decided to create a renaissance edition of the program. *Paozhi* is an extremely important part of Chinese herbalism that has become almost forgotten in modern times. Similar to the alchemical aspects of cooking, classical *paozhi* involves the artful processing of raw ingredients for maximum potency and health/longevity benefits.

The Sacred Mountain Retreat program has purposefully been designed around the sacred mountains of China. Due to the protected setting of these sites, many traditional arts have survived more unscathed here than anywhere else in China. In particular, Sichuan province in southwest China is recognized as one of the ancient cradles of Chinese medical culture, where tribal shamanism evolved into the complex system of Daoist hermit practice. Laozi is said to have spent the last years of his life there, and Zhang Daoling, the founder of Daoism as a monastic form of practice, lived on several of its revered peaks.

The "base camp" for this year's trip will be the Hanshan Abode for the Study of Traditional Chinese Arts, a quiet retreat center located next to the Buddhist Crouching Tiger Monastery near the city of Chengdu on Mt. Emei, which forms the cultural and geographic border between the Chinese mainland and Tibet. Mt. Emei is one of China's primordial sacred mountains where the Chinese quest for perfect

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health and longevity once began. Since time immemorial, the vigorous yang energy of this archetypical mountain has attracted many seekers of the Way, and many Buddhist and Daoist cultivational lineages trace their origins back to this Chinese outpost of the Himalayas. In addition to exploring some of the temples and teahouses on this primarily Buddhist mountain, the group will also have the opportunity to climb Mt. Qingcheng, one of China's premier Daoist mountains, as well as the world's largest Buddha statue in nearby Leshan.

During the first few days of the trip, Prof. Wang Qingyu, Heiner's main Daoist medicine teacher and one of China's few officially recognized authorities in the field of "Nourishing Life," will conduct regular practice sessions in Qigong movements and meditation. More specifically, Prof. Wang will transmit the intricacies of one of the esoteric long forms of classical Jinjing Qigong that has rarely been taught before in a public setting. The Fourteen Movements of the Jinjing School (Jinjing Shisi Shi) blend the effervescent spirit and the animated movements of the Shaolin "Transform Every Fiber in Your Body Classic" (Yijin jing) with the age-old art of life-spring renewal known as Daoist inner alchemy. In the evenings, Heiner will lead meditation and chanting sessions drawn from a variety of classical traditions.

During the second part of the trip, the group will have the unique opportunity to study with three master teachers of Chinese herbal medicine. Prof. Deng Zhongjia is China's foremost expert in the field of Chinese herbal formulas (*fangjixue*). Prof. Hu Changjiang is the designated lineage holder and primary instructor for the Sichuan lineage of Chinese herbal processing (*paozhi*). Cui Congzhi is a master *paozhi* teacher and craftsman born in Henan province, the heartland of ancient China where the highly specialized science of herbal processing and alchemical fusion once originated. The classical aspects of *paozhi* knowledge will be accompanied by practical hands-on demonstrations that include different techniques of processing common Chinese herbs.

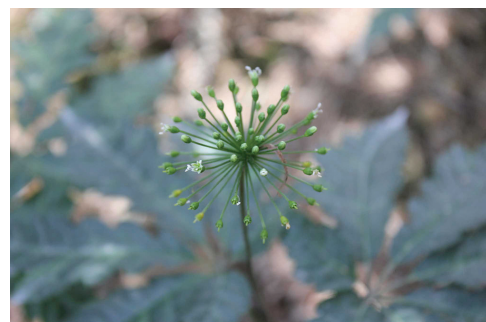
Altogether, it is our hope that from this dense fabric of lectures, practice sessions, tea tastings and sacred mountain walks will emerge a deep feeling for the way of Eastern thinking, as well as a sense of the profound value of traditional culture in general.

PRESENTERS

The various stages of the Program will be organized and conducted by Prof. Heiner Fruehauf, Prof. Wang Qingyu and Prof. Hu Changjiang.

Heiner Fruehauf, PhD LAc

Heiner has been trained in the field of East Asian Languages and Civilizations at the University of Chicago. He has lived in China and Japan for seven years, speaks fluent Chinese, and has been teaching and practicing the Chinese healing arts since 1980. He is director of the Heron Institute, and the Founding Professor of the School of Classical Chinese Medicine at National College of Natural Medicine in Portland, Oregon. He will translate during all teaching sessions.



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Prof. Wang Qingyu

Master Wang was born into a traditional martial arts family, and trained in the classical tradition of Chinese energy work around the hermitages and monasteries of China's sacred mountains since age ten. He is the official lineage holder of the Jinjing style of Qigong, professor of martial arts and Daoist heritage at the Sichuan Academy of Cultural History, and former physician of China's Olympic diving team. He has authored several numerous influential books and articles on Qigong, the traditional arts of nourishing life, and Daoist medicine.

Prof. Hu Changjiang

Prof. Hu is senior teacher and doctoral advisor at China's oldest Oriental medicine institution, Chengdu University of Traditional Chinese Medicine and Pharmacology. He is also the lineage holder of the Sichuan School of Herbal Processing, and the author of China's most influential monograph on the art and science of *paozhi*.

ABOUT THE SACRED MOUNTAIN RETREAT PROGRAM

DATE: September 1 - 17, 2016.

CONTENT

- Daily Qigong, meditation and chanting practices.
- Introduction to advanced aspects of Chinese energy work, including "internal alchemy."
- Lectures and hands-on instruction covering the foundational concepts of Daoism and Chinese medicine, Chinese herbal formulas, and the theory and practice of Chinese herbal processing techniques (*paozhi*).

COST

\$3,700 USD

(\$1,500 non-refundable deposit must be received by April 1, 2016. Full balance is due by July 1, 2016.)

INCLUDES

- Tuition
- Room and board
- Transportation within China (from/to the city of Chengdu)
- At least 60 NCCAOM PDA/CEU credits (pending approval)

DOES NOT INCLUDE

- Airfare to and from China
- Visa fees (approximately \$70-100)
- Travel/medical insurance

Please note that the Heron Institute reserves the right to change the itinerary based on the specific needs of each group.

To receive an application form, please contact Sheron Fruehauf, the Heron Institute office director, by e-mail (hfruehauf@me.com) or phone (503-695-2955). Suitable candidates will be interviewed in February and March. Apply early!