



THE WAY OF COMPLETE HARMONY

MogaDao

QIGONG | YOGA  
GONGFU | MEDITATION

SEXUAL HEALTH AND VITALITY TRAINING

THE MOGADAO INSTITUTE AND HIGH DESERT YOGA PRESENT

# IN THE SPIRITS OF THE BODY

ORGAN HEALTH AND 5-ELEMENT HARMONY

MOGADAO 5-ELEMENT YOGA AND MOGADAO QIGONG

WITH MASTER ZHENZAN DAO

FIVE SUNDAY WORKSHOPS, 2:30–5:30 PM

AUGUST 20 • SEPTEMBER 17 • OCTOBER 22 • NOVEMBER 19 • DECEMBER 17

AT HIGH DESERT YOGA

4600 COPPER AVE NE ALBUQUERQUE NM

STUDENTS OF ALL CAPACITIES AND EXPERIENCE ARE WELCOME.

COST: \$55 PER SESSION • \$200 FOR ALL FIVE (SLIDING SCALE AVAILABLE)

PRE-REGISTRATION AVAILABLE AT [WWW.HIGHDESERTYOGA.COM](http://WWW.HIGHDESERTYOGA.COM) OR 505.232.9642

OR CONTACT [COMMUNITY@MOGADAO.COM](mailto:COMMUNITY@MOGADAO.COM)

This workshop series constitutes a 5-month MogaDao 5-Element Yoga and MogaDao Qigong practice semester. The goal of this workshop series is to bring the medicine, psychospirituality, and mythopoetics of MogaDao to a robust and sincere yoga practice community in Albuquerque—not so much for an “event” but rather for the purposes of a profound education and introduction to the MogaDao practice tradition.

Each 3-hour workshop will focus on an Element of MogaDao 5-Element Theory and a corresponding organ within the system of Traditional Chinese Medicine. Half of the class will be focused on the yoga asanas that relate to the Element and Organ (for instance we’ll begin with the Liver and Wood), and half the class will be focused on the MogaDao Qigong forms that sustain, nourish, and inform the Organ and Element.

IN THE SPIRITS OF THE BODY is both an introductory MogaDao Yoga and MogaDao Qigong class, and a study in MogaDao theory in general. One need not take all of the workshops, but of course they represent a complete system, and as such the complete course is advisable.

Zhenzan Dao is a MogaDao Daoist monk. They are the founder of the practice tradition: *MogaDao: The Way of Complete Harmony*. The MogaDao practice tradition unites Daoist naturalism, sacred practice ethics, highly refined physical and theoretical training, personal and communal healing, social and humanitarian consciousness, and compassionate service.

FOR MORE INFORMATION VISIT US AT: [WWW.MOGADAO.COM](http://WWW.MOGADAO.COM)