

- **Day 1**

Am: Taoism Health Internal Arts – history and present (道家内功术历史和现状)。  
Internal arts 1 – meditation (内功 1—盘坐)。

Pm: Master Wang Liping’s teaching system “Classical Ling-Bao Internal Arts (”王力平先生传授的“古典灵宝通内功术”)。

Moving practice 1—Walking arts (外动功 1 –自然换气)。

- **Day2**

Am: Internal arts 2 – five elements massage (内功 2—默运五行)。

Pm: “Moving practice 2— tree balancing: up /down and standing (外动功 2--与树对练: 固定步 1—上下拉动和站桩)。

- **Day 3.**

Am: “Yin-Xian-Fa (Methods of Inducing Immortality)” 引仙法内功。

Internal arts 3 – meditation: tuning your breath, five organs and five visible holes (内功 3—盘坐: 调息、五行、五脏对五明窍)。

Pm: brief introduction. “the secret of golden flower (intelligent method)”, 太乙金华宗旨,智能法 简介。

Moving practice 3 – Tree balancing: backward and forward (外动功 3—与树对练: 固定步 2—前后推动和站桩)。