

ABOUT CHINESE YOGA

Ancient Chinese history, of more than 2500 years ago, shows evidence that people practiced martial arts. In drawings found at the Tomb of Ma Wang Dui in Xi Han Dynasty in Hunan Province people are depicted posing in various martial arts postures. Other examples in succeeding dynasties support this conclusion: The Five Animal Frolics created by Hua-Tua, a famous doctor in the East Dong Han Dynasty; the Eight-Section Brocade and the Dragon Door QiGong of the Song Dynasty; and the Buddhist's Shaolin of the Ming Dynasty.

Grandmaster Jianye Jian has been researching this unique combination of Chinese and Indian art cultures. His study has confirmed that all of the movements are fundamentally similar to Indian Yoga except for the naming of the forms.

This Chinese Yoga Series is an attempt by Grandmaster Jiang to create a new system based on these earlier forms while maintaining the integrity of the Yoga heritage.

He has divided the Chinese Yoga Series into four levels: Beginner & Seniors, Intermediate, Advanced and Master. The purpose of this series is to improve the health and knowledge of every practitioner and to explore its many benefits together.

Shifu Jonathan B. Walker, PhD, is one of many internationally HPA Certified Instructors. He teaches the Health Preservation Association classes in Eastampton, NJ, USA. Shifu Walker has been teaching these classes since the inception of the HPA in 2007.