

CHINA SACRED MOUNTAIN RETREAT WUDANG SHAN 8/30-9/15 2018

Qigong, Meditation, Lineage Acupuncture and Herbal Science
Led by Bryan McMahan
With instruction by Li Xin, Sylvie Martin, Su Xinghua and Yu Hao

The peaks of Wudang Shan have been a preferred destination for adepts and seekers of the Dao since the dawn of Chinese civilization. Seated in the northwest corner of Hubei Province, the subtropical monsoon climate has made it an ideal location for the systematic exploration and cultivation of nature's energies. Wudang Shan has served as one of the primary crucibles of the ancient world for the development of the spiritual, alchemical and martial arts, uniquely significant in Daoist cosmology as the embodiment of the water element and earthly seat of the Celestial Emperor Xuánwǔ 玄武, Black Lord of the North. Pilgrimage to Wudang has long been undertaken to catalyze the opening of the subtle channels and quicken the process of cosmic attunement that is at the heart of spiritual cultivation.



This year's China trip will take us to the heart of Wudang Shan and the idyllic setting of the Purple Cloud Temple 紫霄宮. Dating from the Yuan and Ming dynasties and preserved from the destruction of the Cultural Revolution, the buildings of the Purple Cloud Temple and surrounding complexes are some of the best examples of classical sacred architecture remaining in China today. Private early morning and evening access to the temple grounds will allow us to enjoy the quiet mountain atmosphere away from the tourist hustle for our meditation and movement sessions.





Program Outline

Renzhi Tang Mountain Retreat Center

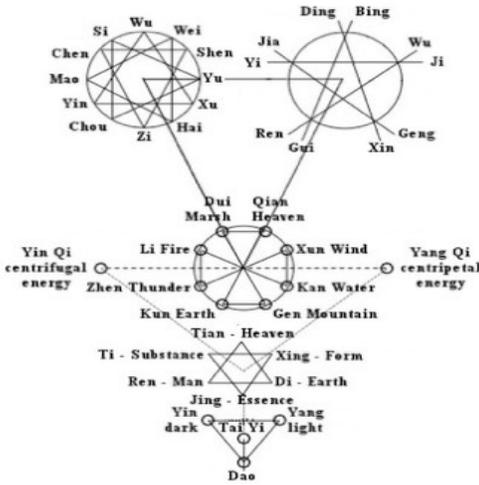
This year’s trip will begin with a short stop at the Renzhi Tang Mountain Retreat Center, located in the hills outside of our arrival city of Shiyuan (location of the Wudang Shan Airport). We will spend two days visiting with its founder Dr. Yu Hao, learning about his unique style of retreat oriented therapy, touring the facility and foraging for local medicinal herbs. We will enjoy a leisurely schedule in order to allow students to recuperate and get acclimated following their long journey.

Wudang Shan Scenic Area

We will next make the half day’s bus journey deep into the Wudang Shan Scenic Area to the Purple Cloud Monastery and the Courtyard Hotel of Heavenly Blessings, our destination for the remainder of the program. Our retreat schedule will open each morning with sessions led by Bryan McMahon. Drawing from his extensive training in the body-mind traditions of Central Asia and the Far East, Bryan will gradually introduce movement, breath and visualization practices to establish and strengthen connection with the subtle body. Warm up will begin with *retreat yoga*, a powerful series of ancient alchemical exercises that has been transmitted in secret amongst spiritual adepts for centuries. With channels open and minds clear, morning practice will continue with the fundamentals of the Chen family gongfu frame of taijiquan. Embodying the opening, gathering, rising and descending actions of the qi mechanism, these sessions will fluidly move through the entirety of the yin-yang spectrum, to experience what Daoists traditionally describe as “the unity of gathering within opening and opening within gathering.”

The remaining portion of each day at Wudang Shan will acquaint students with three uniquely talented practitioners and their approaches to the medicine. The intimate retreat setting will allow for both formal and informal modes of transmission, assisting students to deepen their connection to the lineage of the master physicians of old. Dr. Su Xinghua will begin with an overview of the esoteric arts of the *Neijing* known as *fāngshù* 方术. These systems of numerology and divination detailed in sections such as *Lingshu Ch. 77: The Nine Palaces and Eight Winds* represent a key link to bridging the macro-microcosmic divide that has remained largely inaccessible to modern practitioners.





Dr. Li Xin, Bryan’s primary teacher of clinical medicine, will follow with a practical immersion in his unique form of integrative diagnosis. As one of the most sought after clinicians and lecturers in China today, Dr. Li seamlessly blends the paths of cultivation and patient care in a manner that allows the power of insight to flourish through direct engagement at all three levels of xíng 形, qì 氣 and shén 神. Sylvie Martin will conclude the program by sharing from her 25 years of energy work and needle-less acupuncture practice. She will guide students to better visualize and engage with the multi-layered channel network, specifically focusing on the functions of the eight extraordinary vessels, their pathologies and treatment.

In addition to this richly woven tapestry of practice and instruction is the energy of the mountain itself. Embarking on retreat to a sacred space such as Wudang Shan is also equal parts a journey of personal introspection, to listen for the natural wisdom and knowledge that has saturated its way into all that surrounds. There will be ample time left for exploring the mountain temples, pausing to appreciate the pastels of a sunset, and contemplating the beauty of nature in a cup of tea. Above all, the purpose of organizing this Sacred Mountain Retreat program is to bring together students and practitioners of holistic medicine to share in an authentic learning experience supported by the beauty of the Chinese cultural landscape from which it was formed.

Our Team



Bryan McMahon

Bryan McMahon is a clinical practitioner, scholar and instructor of ancient Chinese medicine (ACM), fully educated and clinically trained in mainland China. During this transformative 15 year period in Asia, Bryan immersed himself in the traditional cultures of the Far East. In addition to his formal degree work at the Beijing University of Chinese Medicine, he was fortunate to study under many extraordinary herbalists, acupuncturists, martial artists, and energy therapists who brought these classical healing modalities to life. He currently resides in Portland, OR where he divides his time between clinical practice and instruction at the NUNM School of Classical Chinese Medicine.





Dr. Li Xin

With his inspirational clinical and instructional work, Li Xin has quietly remained at the center of a national revival of classical Chinese medical and cultural values over the past twenty years. He was mentored in his early career by Dr. Song Zuomin, a recognized national living treasure and Chinese medical pediatrics specialist. Dr. Li's sophisticated yet simple approach embodies the tradition of Zhang Zhongjing, Sun Simiao, Li Dongyuan, and Ye Tianshi. His most recent book, *Lectures on Pediatrics: Children's Health, Psychology, and Education through the Eyes of a Chinese Medical Practitioner* became a number one bestseller in China for 2017.



Sylvie Martin

Sylvie received her diploma in traditional acupuncture from the French National Federation of TCM in 1993. Through apprenticeship in acupuncture, energy work and meditation with master practitioner Jacques Pialoux, Sylvie has developed a practice of acupuncture completely without needles. After living in China for 16 years, Sylvie returned to her native France where she teaches and practices acupuncture and meditation in Chinese, English, and French. She is cofounder of AWB China, the Chinese branch of Acupuncture Without Borders, a Swiss NGO offering free acupuncture training in developing countries.



Dr. Su Xinghua

Graduate of the Beijing University of Chinese Medicine, Su Xinghua's classical style of acupuncture garnered him national attention very early in his career. Dr. Su is a dedicated student of classical culture, with particular reverence for Song era works such as *the Classic of Holy Benevolence*. Ever the curious student of world culture, he traveled and practiced internationally for close to twenty years before returning to Beijing. He currently practices and teaches at the Dongwen Center for Chinese Medicine.



Dr. Yu Hao

Born into a family of Chinese medical practitioners, Yu Hao began learning from his great grandfather when he was just a small boy. He is a graduate of the Hubei University of Chinese Medicine and founder of the Renzhi Tang Clinic and Mountain Retreat Center. Dr. Yu's tireless dedication and ability to consistently unravel complex clinical presentations have earned him widespread recognition as one of the leading young figures of the classical Chinese medical renaissance of the past 20 years.





Program Logistics

DATE: August 30 - September 15, 2018

COST: Final cost will be calculated in the coming weeks. Please refer to last year's Sacred Mountain Retreat program fee of \$3,950 as an estimate.

INCLUDED:

- All instructional fees
- Transportation to and from Shiyan Wudangshan Airport, including all local destinations
- Single entrance to the Wudang Scenic Area
- All meals, locally sourced and freshly prepared
- Chinese 3-star accommodation (2 persons per room)

NOT INCLUDED:

- Airfare to and from China (daily connections available to Shiyan Wudang Shan Airport from most major Chinese cities)
- Visa fees (\$70-100)
- Travel/medical insurance

⚡ *Please note that due to the nature of travel in China and potential unforeseeable circumstances, changes may be made to the above itinerary without prior notice.*

Please contact the program coordinator, Bryan McMahon, with any further inquiries:

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