

The Eight Gates Theory and Practice

A Two Part Workshop

Part I Theory Saturday May 9th – Saturday May 30th

Part II Practice Saturday June 6th – Saturday June 27th

Part I Theory

In Taoism the broken Yin line and the straight yang line represent the negative and positive dualism existing in all things. Combinations of yin and yang lines form eight trigrams also known as the eight gates. The eight gates can be arranged into 64 hexagrams which can be used to consult the I Ching. The Taoist I Ching has been used for over 4000 years as an oracle of fortune, a guide to success, and a dispensary of wisdom. Part I of this workshop will explore the Taoist theory of dualism, and the consulting and interpretation of the I Ching.

Part II Practice

The eight gates: Heaven, Earth, Fire, Water, Thunder, Mountain, Lake and Wind also serve as a foundation for the Taoist art of Taijiquan (Tai Chi). The circular movement of the eight gates can be used for health, self-defense and longevity. Part II will provide instruction on using the movement of the eight gates to improve the quality of your life

Korean Taoist Master Tony Rogers will be the instructor for part I

Grand Master Abdul Musawwir will be the instructor for part II

For further information call CCNY at 212 650-7312 or the Ki Center at 646 329-6727