

# Daniel Chadud

## Qigong Meditation & Taiji Free Stepping



### About Daniel

He began his internal arts training in 1998 and joined YMAA in 2004. As a teacher, Daniel has become the first Latin American to obtain a YMAA Instructor ranking (5°) in Taijiquan, developing his work also in Meditation, Qigong, Taiji Ball, internal arts theory and the integration of other traditional practice to modern life.

He holds an Industrial Engineering decree, university professor for more than a decade and as an entrepreneur, founded different companies related to health and better quality of life.

He is currently the regional director of YMAA Latin America, which has affiliated schools in Argentina, Brazil, Chile, Ecuador and Venezuela. Daniel has recently been invited to join the first YMAA International board of directors, as the Internal Training Co-Director.



### Newendao YMAA

**Newendao YMAA** ([www.newendao.com](http://www.newendao.com)), an organization with the mission to “*integrate the ancestral arts of life to the modern world, to develop and spread a better quality of physical, mental and spiritual life*”.

**Newendao YMAA Media** (<http://www.youtube.com/c/NewendaoYMAA>) offers open classes and courses on Meditation, Qigong for health, Taijiquan, Taiji Ball and Taiji weapons.

**Newendao Park**, currently under developing, it's a training center located in the Chilean Patagonia (Pucon, Chile). The purpose is to facilitate the development of traditional arts into modern society; offering seminars, instructor's formation, classes for the community, digital and bibliographic material, which will facilitate distant practice for students and instructors.



# YMAA International Virtual Camp 2021

## Qigong Meditation

Introduction to general meditation, analyzing different types of meditations and how to understand the distinctive characteristics of Qigong meditation.

Through a step-by-step guide, practitioners will experience qigong meditation and enjoy the benefits of this internal practice.

We'll practice synchronizing the 2 energy centers (dan tians), so they can stimulate the brain for multiple effects of health and spiritual cultivation.



## Taiji Free Stepping

For practitioners who have learned at least part 1 of the Taijiquan long form, we'll explore changes in angles and stepping, making variations to the regular stepping structure of the form. Also, there will be variations in speed, to feel stretching and storing jing in the different Taiji postures.

Ideal for small spaces during quarantine, the use of emptiness and fullness (Yin & Yang) will open new options to bring freedom and adaptation to your everyday practice.



## Contact us

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