

Classical Martial Arts of Long Island Proudly Presents:

# Secrets of Meditation:

*A special lineage method to calm the mind and steady the spirit*

**Grandmaster Zhang Yuanming**

Translation by Steve Jackowicz, Ph.D.

*Come learn this powerful Meditation  
Method that can give you peace of mind and  
steadiness of spirit!*



## In this seminar you'll learn:

- A traditional method of meditation that is time tested to make you mentally calm and healthier
- Specialized methods of breathing that increase the vital force in the body
- Techniques which support your ability to deal with stress and remain emotionally balanced
- Approaches to mental health and clarity that anyone can master

### When:

Sunday April 20th,  
10:00 – 12:00 noon

### Where:

Classical Martial Arts of Long Island  
222 Bethpage-Sweet Hollow Road  
Old Bethpage, NY 11804

### Cost:

\$60 Tuition pre-registered  
\$50 Zoom Attendance  
\$80 at the door  
*\$10 Discount for Qingcheng Mountain  
Association Members*

### Register:

<https://sparkpages.io/?i= DKub>  
Or Scan the QR Code



### Master Zhang Yuanming

Master Zhang is the inheritor of several qigong lineages, as well as a Daoist initiate. He is an internationally known teacher and healer. He is one of the living embodiments of the remnants of the Classical Tradition.

### Stephen Jackowicz, M.Ac., L.Ac., Ph.D

Dr. Jackowicz is a disciple of Master Zhang and has served as his translator for over twenty years. He is a published author in the fields of Chinese medicine, martial arts, and history. He devotes his time to teaching the little-known aspects of the Chinese Classical Tradition.

### Questions:

Contact Steve Jackowicz at  
516-507-8421 / [stevejackowicz@gmail.com](mailto:stevejackowicz@gmail.com)

*Space is limited, register early*