



美國長生學慈善基金會北加州研習會

CSXLA of U.S.A. Workshop at Northern California

初級班(Beginner): 7/6, 7/7, 7/8(7pm - 10pm)

中級班(Intermediate): 7/9(7pm - 10pm), 7/10, 7/11(2pm - 5pm)

費用(Tuition): 不收取任何費用，所有開支（場租，講義等）由學員隨緣樂捐。
Appreciate your donation for supporting Longevity.

地點(Location): 44817 Industrial Drive., Fremont, CA 94538

聯絡人(Contact): Annette (510)795-8900, Sophy: (408)504-5396, Butterfly:(925) 820-0500

預先報名 (pre-registration)

- Email: Chia-Ying (chiayingcho@gmail.com) or call Johnny : (408)391-1157
- 預先報名截止日期是 7/1, 之後只接受現場報名

Last Day to pre-register is 7/1, register at class afterward.

長生學簡介

本著「慈悲救人」的宗旨，人生以服務為目的之理念，不求名利、不求回報的原則，在世界各地都可以看到長生學學員的足跡。長生學是藉著人體來接納宇宙的能量，學習者透過上課的講解及開穴後，經由靜坐與調整來提昇健康，並且可藉以去幫助及改善他人的健康。學習長生學課程簡單，效果迅速，任何時間地點都可以練功和幫人調整。由靜坐到靜心、由接納到導引，都不需要用意念。沒有複雜的架式，由肉體本身攝取所需要的能量，因為是自然的，不是強迫的，所以不會有副作用。在輕鬆自然中使自己與宇宙結合，讓我們的潛能得以發揮。當這些能量進到我們體內時，氣血因而順暢起來，它能夠活絡每一個細胞，讓每一個器官的功能正常發揮，如此便可達到提昇健康的目的。而一些疾病也會隨著我們的氣血活絡、循環代謝變好以後，抗體、免疫系統得以提昇，其病狀自然就會消失了。

Longevity uses the human body to receive energy from the universe. Learners attend lectures and have their Chakras opened. They then improve their health by sitting quietly (practicing Kung) and making adjustment (healing). They can also use Longevity to help improve the health of others. The Longevity class is simple yet quickly effective. Practice and adjustment can be done at any time and place. From quietly sitting to quieting the mind, from receiving to directing energy, no thoughts are necessary. It does not require complicated body positions. The body acquires the energy needed naturally, without compelling, therefore there are no side effects. The self combines with the universe in a natural, relaxed manner to allow our potential energy to develop. When this energy enters our body, it can energize every cell, enabling every organ to function normally. Chi and blood flow smoothly and good health is achieved. Some diseases will disappear naturally by following the active flow of chi and blood, improvement of circulation and metabolism, and raised levels of antibodies and the immune system in our body.

- 美國長生學慈善基金會服務電話：林醫師 (626)5728588

Chang Sen Xue Longevity Association of U.S.A. service number: Dr. Lin (626)5728588

- 想要多了解長生學嗎？請參觀我們的網頁：www.longevity.org. 點右上角”中文”可進入中文網站.

More Longevity information for you to discover at www.longevity.org

● **Driving Direction:**

(1) From Danville:

- Take I-680 South
- Exit at Durham Rd and turn left to AutoMall Parkway
- Turn left at Fremont Blvd.
- Turn right at S. Grimmer Blvd.
- Turn left at Industrial Drive.

(2) From San Francisco:

- Take I-80 East (or take 101 south and then CA-92)
- Merge to I-880 South
- Exit at Auto Mall Parkway and turn left.
- Turn right at S. Grimmer Blvd.
- Turn right at Industrial Drive.

(3) From San Jose:

- Take I-280 South and merge to I-880 North
- Exit at S. Fremont Blvd.
- Turn left at S. Grimmer Blvd.
- Turn left at Industrial Drive.

