

A message from the Filmmaker

I have produced this DVD for Panda so that it may help him in his work to aid people towards self-realization. I was fortunate enough to follow his class several times while producing this DVD and I am very grateful to him for the practice that he has taught me. What he shares with us has been for me the most valuable practice to remain in a healthy body, mind and spirit. I hope this DVD will help you to be relaxed in your body, quiet in your mind and blissful in your eternal spirit. If you have not followed Panda's class and find this DVD to be useful, I cannot urge you enough to follow his class in person. It has been for me one of the most important endeavors of my life. . . *JEAN-MARC ABELA*

Thank you for purchasing this DVD. I have been working in the fields of Eastern therapeutic healing therapies and Self-Realization arts for many years and through my associations with my spiritual teachers I received the profound experience of my innermost being, which has inspired me to create this work that helps people become more aware and conscious of our truest inner nature, which is health, peace, and contentment. In this DVD I will be showing in detail many of the exercises I use in my classes. I have intentionally left out a few of the more stronger parts of the work such as the Sacred Chakra exercises and a few of the stronger Chi Kung exercises because they must be taught personally to retain their authenticity and power. Also demonstrated is the complete Yang Style Long Form of 108 movements to provide inspiration for further study and if you are patient enough to wait till the action arises there is always more.... I hope you will enjoy using this DVD as I did in making it.

With deepest respect and love. . . Panda

www.pandataichi.net

PANDA

In this DVD the author and instructor Panda from Asian descent will be sharing some of the techniques and principles he has developed over the past 35 years that have helped guide people to the experience and realization of our innermost being, which is beyond the conceptual mind and physical body, that he has taught for more than 20 years.



WHAT'S INSIDE:

ENTERING THE WAY: Introduction Video

TAI CHI MENU:

- 12 Guiding Principles
- Explanation of the postures
- Learn and follow: First Part - 22 postures / front & back view
- The Traditional Yang Style Long Form of 108 movements shown in its entirety to promote a deeper appreciation for the art and to add inspiration for further study.

CHI KUNG MENU:

- 5 General Guidelines
- Explanation of Exercises
- 20min. & 45min. workout
- Rooting



To get the best use of this DVD it should be used in conjunction with the author's book, "Autobiography of a Tai Chi Yogi - a guide to self-mastery and self-enlightenment"

For more info about courses and workshops: www.pandataichi.net

Disclaimer: The author or publisher will not be held responsible for any injuries or undesirable effects resulting from the practicing of techniques from this DVD.

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SELF-REALIZATION THROUGH MOVEMENT

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**BASED ON THE ARTS OF TAI CHI, CHI KUNG AND CHAKRA HEALING
EMBODIED IN THE PHILOSOPHIES OF ADVAITA AND TAOISM**



Running Time: 158 min color