

"The Tao in Daily Life"

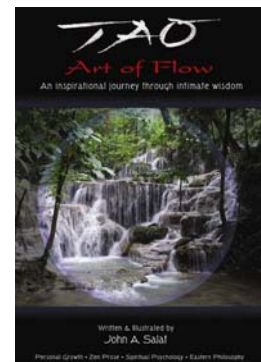
How to apply the Tao into every moment.

Presented by John A. Salat Book Author "*Tao, Art of Flow*"

Cost: Free from 3:30 to 4:20 pm on Saturday, August 4th, 2012

English Tao "ETC" 11139 E. Lower Azusa Rd., El Monte, CA 91731

Appetizers following last presentation



Enjoy living into the Tao as full moments. Explore the effortless ways on how to fill the entire day into calm, collective and grounded presence. Breaking away from chaos and burdens allows us to deeply discover richer moments of inside peace. "Cultivating Mindfulness" shall further draw these realities to genuinely anchor our personal and essential needs. The lecture further explores these practical living concepts using everyday life experiences by engaged conversation and open sharing.

John Salat is a Certified Transformational Leader with over 30 year's experience of Chi Work. He teaches Reiki, Tai Chi, Qigong, Meditation, Energy Movement and other communication skills borrowed from Tao. He has placed his work into mainstream medical clinics and celebrity clients also participated in his unique workshops. During his own travels to China, John visited a dozen sacred temples including where Tao and Confucianism originated. John also studied with great living masters of Taoist principles. His work has been successfully published nationwide through various media artist. John's meditative medium(s) on the influence of Chi have appeared in numerous magazines, radio programs and television interviews.