

## Lu Tung Bin



One of the legendary Eight Immortals of popular Chinese folklore, Lu Tung Bin is said to have been born in the year 798 CE at Yung-lo Hsien.

He is the most popular of the Eight Immortals. His statue can be found in most temples in towns and villages, and many grottoes are dedicated to him on the sacred mountains of China. Lu Tung Bin is venerated because he is associated with medicine and with the elixir of life.

Peter Yates  
9 Biscayne Drive  
Huntington, NY 11743



## 道丹派内功

Six Stars Set

Tao Ahn Pai  
Internal Cultivation  
Exercises

September 21st & 22nd, 2019

With Juanita Lew

Planting Fields Arboretum  
1395 Planting Fields Road  
Oyster Bay, NY 11771

## Six Stars Nui Gung Set with JUANITA LEW



**Juanita Lew**, wife of the late Sifu Share K. Lew, is the senior teacher of the Tao Ahn Pai system of Nui Gung passed down from Sifu Lew. Juanita Lew was personally taught by Sifu for over 30 years, and has inherited the responsibility of insuring the correct transmission of Sifu Lew's Teachings.

**Master Share K. Lew**, a Taoist priest, received part of his education at Wong Lung Kwan, a Taoist monastery on the Lou Fo mountains near Canton, China. Master Lew studied at Wong Lung Kwan for 13 years. During that time he trained in the full range of Taoist healing and martial arts. At the core of his training was the secret system of cultivation known as Nui Gung. Master Lew was the first person to openly teach authentic Taoist Nui Gung to non-Chinese, beginning in Los Angeles in 1970. His monastery style, the Tao Ahn Pai (Taoist Elixir Style) dates back over 1300 years to Lu Dong Bin, who lived in the Tang Dynasty and became one of the Eight Immortals of Taoism.

**The Six Stars** is a set of "Nui Gung" (internal cultivation) and the foundation of Sifu Lew's system Tao Ahn Pai. The set consists of six standing exercises which build up the physical foundation of the body, beginning with bone marrow. These exercises

help strengthen the body from inside out by keeping the bone marrow soft and supple. This set also aids in rejuvenating the body by strengthening the connective tissues, bones and muscles. Rather than increase the muscle size, The Six Stars focuses on "Chi", or Internal Energy, giving a sense of solidity, depth and groundedness to the physical body. As a set, these exercises are beneficial for anyone, especially for those engaged in a physical discipline, like Martial Arts, Athletics, or Dance.

### Directions to Planting Fields Arboretum

1395 Planting Fields Road  
Oyster Bay, NY 11771

- Long Island Expressway to Exit 41 North or Northern State Parkway to Exit 35 North.
- Proceed north on Route 106 towards Oyster Bay.
- Turn left onto 25A Northern Boulevard.
- Make first right onto Mill River Road.
- Follow green & white signs to the Arboretum on Planting Fields Road.
- Website: <https://parks.ny.gov/historic-sites/24/details.aspx>



Juanita Lew & her husband, the late Sifu Share K. Lew

## Six Stars Nui Gung Set with Juanita Lew

Sep 21st & 22nd, 2019  
10am-5pm

**Planting Fields Arboretum**  
1395 Planting Fields Road  
Oyster Bay, NY 11771

(The workshop will be held in the South Lounge which is to the right of the cafeteria.  
By Car:\* \$ 8.00 parking fee )

Fees: \$300 by August 21th, 2019  
(\$325 after that)

For further information about Tao Ahn Pai go to the website <http://WWW.taoahnpai.com>. Any questions please email Peter at [peter\\_yates88@yahoo.com](mailto:peter_yates88@yahoo.com) or call 631-470-4181.

### Cut and Mail

**Six Stars Set September 21st & 22nd, 2019  
Registration Form - Make Check Payable  
to:**

**Juanita Lew  
C/O 9 Biscayne Drive,  
Huntington, NY 11743**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_