



"Tai Chi is not just a practice for the body, but a rhythm for life. Carry its calm into your daily step, its flow into your daily action."

-Master Zhong

We are honoured to welcome
**Wudangshan Daoist
Master Zhong Xueyoung**
to Oslo again this Spring 2026

This Easter 2026, you have the unique opportunity to train with Wudang Master Zhong Xueyong, visiting Norway for the second time. Join us to learn Baduanjin and Tai He Quan—ancient practices that develop strength, flexibility, and calm focus—directly from a master with decades of experience.

Our connection with Master Zhong goes back to 2008, and over the years many students have benefited from his guidance. Whether you are new to these arts or looking to deepen your practice, this Easter workshop is a rare chance to explore Wudang wisdom in person.

Master Zhong Xueyong will be teaching 2 courses - read more →



Sitting Baduanjin Brocades

28th, 29th 30th March

Baduanjin sitting meditation from Wudangshan is a quiet yet potent practice, rooted in Daoist cultivation and the mountain's long tradition of inner alchemy. Performed seated and still, it refines the classic Eight Brocades into subtle breath, intention, and spinal awareness, allowing qi to circulate gently through the meridians. Rather than expressing power outwardly, the practice turns inward, calming the mind, nourishing the organs, and aligning body and spirit with the natural rhythm of the Dao

It is possible to learn these practices sitting on a chair for support if needs be.

No previous experience necessary.

PRICE: Kr. 6.000,- for 3-days course

Culture of Peace

As the Norwegian Communication Centre for Wudangshan, the Norwegian Taiji Centre embraces the responsibility of transmitting the Daoist arts not only as physical practice but as a means to cultivate harmony, understanding, and peace, through Deep Dao Dialogue.

In recognition of the sacred heritage of Wudangshan, we commit to fostering a Culture of Peace within Norway—

where the principles of respect, mindfulness, and unity guide both practice and daily life.

Through ongoing exchange, teaching, and community engagement, this declaration embodies our dedication to building bridges between East and West, and to sharing the enduring wisdom of Wudang with all who seek balance, clarity, and harmony.

Norwegian Taiji Centre is the Communication Centre for [Wudangshan in Norway since 2025](#)



Tai He Quan

4th, 5th 6th April

Tai He Quan is often experienced as more beneficial and easier than long Taijiquan forms because of its simplicity and health-oriented focus. The shorter structure and repetitive movements reduce cognitive load, allowing practitioners to relax more deeply and pay closer attention to breathing, alignment, and internal sensation. Without the physical strain or memorisation demands of long sequences, the body can soften, qi can circulate more freely, and the nervous system can settle—making the practice especially accessible for beginners, older practitioners, or those training primarily for health and recovery rather than martial refinement.

Link to [youtube video](#) of Master Zhong Ta he quan

No previous experience necessary.

PRICE: Kr. 6.000,- for 3-days course

WHERE: Norwegian Taiji Centre, Lilletorget 1.

PRICE: Kr. 6000,- for three day course
Kr.10.000,- if you attend both courses.

QUESTIONS: pamela@taiji.no

BOOKING: [web link](#)





Daoist Master Zhong

Zhong Xueyong, Daoist name “Shi Qiong”.

- Inheritor of Wudang Martial Arts; 7th Duan in Chinese Martial Arts; National Social Sports Instructor.
- Vice President of Shiyan City Wudang Martial Arts Association.
- Founder of Daowei Wellness Center (formerly Daowei Caotang).
- Former Vice President and Head Coach of Wudang Taoist Kung Fu College.
- Led the Wudang Taoist Kung Fu Troupe in representing Wudang martial arts, performing for and receiving multiple national leaders.
- Has directed cultural exchange and martial arts tours to the United States, Germany, France, the United Kingdom, Australia, Latvia, Norway, Spain, Thailand, Hong Kong, Macao, Taiwan, and other countries and regions.
- Since beginning his teaching in 1996, he has trained instructors who now teach across China and around the world, including in the United States, Canada, France, Germany, Norway, Czech Republic, Spain, Singapore, and beyond.

太極拳