

# High-level Meditation Forum



# Meditation and Fascia

Special Invitation to New Friends Andrew Scheffer, Angela Xu, Renee Cohen

On Sunday, November 26, 2023 from 5:00pm to 7:00pm at the Rockefeller Center, 1270 6th Ave, 8th Floor Lounge, Manhattan, New York, the organizers will host a high-level meditation forum on "Meditation and Fascia" to discuss the physiological effects of meditation and how it contributes to a lifetime of wellness.

Fascia is a layer of fibrous connective tissue (loose or dense connective tissue) that runs through the body, underneath the skin, and surrounds muscles, muscle groups, blood vessels, nerves, and internal organs. Fascia is categorized into three types: superficial fascia, deep fascia, and visceral fascia (subserous fascia), and they continuously traverse throughout the body.

Fascia wraps around muscles and provides tension, It can become sticky due to factors like trauma, infection, inflammation, etc., affecting blood circulation and range of motion. How to return daily life posture to a neutral position and relax the fascia to alleviate the pain and soreness is a current challenge in addressing modern ailments. As the old saying goes: " When tendons and cartilage are flexible and bones are aligned". " The lengthening of tendons by an inch extends life by ten years".

The inheritor of Taiyi, Zhang Xunhua, shares on-site how the enhanced effects of meditation through "movement, stillness, meditation" and " reproduction wave" rapidly and directly change cellular structure, ensuring that all physiological issues do not affect the psychological aspect. This allows meditation to reach higher dimensions, enabling you to experience the hope of a lifetime without ailments!

The forum includes sharing and experiencing various forms of meditation.

Hosted by: World Intangible Cultural Heritage Protection and Development Foundation