Headquartered in Atlanta, Georgia of United States. Youngsheng School has a very spacious



venue, with 10,000 square feet main event hall, and more than ten rooms for classroom, dressing room, and recreational activities. It can accommodate a variety of health, celebration party and dinner events here.

In addition to Atlanta, local Youngsheng School branches have been established by enthusiastic volunteers in Fremont, San Francisco Bay Area and in Toronto, Canada. Whereas in Asia, Taipei, Hsinchu, Taichuna, and Tainan of Taiwan, and in Singapore, local Youngsheng Schools were set up by local volunteers under the leadership of headquarter to promote



wholesome, longevity and culture.

to r spread knowledge, activities and programs, that are beneficial to health. It's presented in a variety of formats such as text, video, pictures and other methods. It introduces and discusses the health culture from a variety of perspectives in order to share the information and practices of Youngsheng School with as many people as possible. Its content is vivid and interesting. You are welcome to visit our website.

\*\*\*\*\*\*\*\*\*\*\* Contact information

Atlanta Headquarter





www.youngsheng.org

US-registered 501 (C) (3) non-profit organization

EIN Number: 26-4644114



## LEABNING YOUNGSHENG BEGETS BEAUTIFUL LIFE

Loss of health resets everything to zeros

# Youngsheng knowledge and culture

There is a slogan: "Care for health today, or pay for doctor tomorrow." It points out the importance of health.

Chinese people have very long history of health concept. There are so many theories and practices. So there are different opinions about the efficacy.

Self-cultivating requires a certain knowledge and culture, instead of hearsay or self-inventing. In view of this, a group of people in Atlanta who appreciate the importance of health, have initiated the establishment of Youngsheng School, in a hope to establish versatile and diversified activities and knowledge base platform to promote proper health culture, so that the public benefit.

### Five aspects of health

- explore the health methods
- discuss the relationship between dealing with people and health
- investigate people's mentality towards career and wealth
- pursue higher level of health
- internal and external cultivation, creating opportunities of blessing rewards

#### **Activities**

Regardless of traditional Chinese medicine, Western medicine, various faction's regimen, or diet, drugs, and even singing, dancing, calligraphy, drama, chess, mahjong, gardening, travel, etc., they are all compatible and flourishing in Youngsheng School.

## Youngsheng techniques

In addition to knowledge, selfcultivating also needs practical methods. Youngsheng School's unique Youngsheng standing technique and Youngsheng sitting technique, have an immediate impact on health. Those who are interested can learn for free.

#### Youngsheng travel

Since 2015, Youngsheng School has regularly launched Youngsheng travel, combining tourism, health, entertainment and education. Health enthusiasts are welcome to join.

The sooner you cultivate, the better life you have.