






Branch	Energy Meditation
Module 1	Basic Energy Meditation and Chi Kung
<b>Description</b> 	<p>What is energy and how do I access it qualitatively and quantitatively - Our energy awareness is a competency that not only will enhance our wellbeing but also our capability to be more sensitive to our environment as well as ourselves and others. Being able to shift our focus on our energy is a powerful mind training serving to guide, transform, recycle and circulate energy abundantly in our meridian system. This creates a deep sense of flow and connectedness within ourselves as well as a solid, deep inner foundation for our longterm 4-Dimensional Health® and flowjoy© life style quality.</p>
<b>Content</b>	<p>Create a powerful Self Energy Management that provides you with high positive quality and quantity energy for your 24h every day life.</p>
<b>Learning objectives</b>	<p>Learn a powerful 30 Minutes Energy Warm up Program</p>
	<p>Learn inner Smile: One of the most simple and powerful tools for healing. The power of the inner smile activates the relaxation response in the parasympathetic nervous system. Transforms the negative Emotions and fosters the positive emotions.</p>
	<p>Learn 6 Healing Sounds: Each organ stores part of the primordial force and negative and positive emotions. With the special sound for each of the organs, the special healing color, positive emotion and special position for each sound - they help to restore back balanced health and support the connection to the primordial force.</p>
	<p>Learn Microcosmic Orbit: Opening chi flow in the energy pathways will help draw in more primordial force from the earth and from the universe.</p>
	<p>Learn Iron Shirt Chi Kung Posture Tree and Turtle This serves you to build your inner alignment foundation. Reconnect your entire skeleton and each bone in your whole bone system into one unified structure, perfectly aligned between Heaven and Earth and cultivate your ability to move the Earth force up from the ground, through the feet, and into the body, raising it to nourish all your body systems (muscles, tendons, organs etc). Aligning your bone structure is building the best foundation to receive high quality energy information and to move effortlessly through life.</p>
	<p>Learn how to guide, transform, recycle emotional energy</p>
	<p>Learn how to be in deep connection with yourself</p>
	<p>Learn Chi Self Massage</p>
<b>Requirements</b>	<p>none</p>
<b>Methodology</b>	<p>Theory and Practice</p>
	<p>Individual, Group and Partner exercises, plenary discussions etc.</p>
<b>Recommendation</b>	<p>In preparation for the course please read for example the following books:</p>
	<p>Transforming Stress into Vitality</p>
	<p>Awaken Healing Light</p>
<b>Date</b>	<p><a href="https://www.universal-healing-tao.ch/en/calendar">https://www.universal-healing-tao.ch/en/calendar</a></p>
<b>Languages</b>	<p>English, French, German</p>
<b>Duration</b>	<p>1 ore 2 days</p>
<b>Time</b>	<p>09.30 - 13.00 / 14.00 -17.00</p>
<b>Location</b>	<p>Switzerland in Bern and Lausanne</p>
<b>Speaker</b>	<p>Senior Instructor Rentao Ravasio</p>



Branch Energy Meditation	
Module 2 Iron Shirt Chi Kung I - 5 Postures	
<b>Description</b> 	<p>This serves you to build your inner alignment foundation. Reconnect your entire skeleton and each bone in your whole bone system into one unified structure, perfectly aligned between Heaven and Earth and cultivate your ability to move the Earth force up from the ground, through the feet, and into the body, raising it to nourish all your body systems (muscles, tendons, organs etc). Aligning your bone structure is building the best foundation to receive high quality energy information and to move effortlessly through life. This module is balanced with Taoist Yoga (Tao Yin) sets of exercises which heal deep imbalances in our tendon, spine and muscle systems.</p>
<b>Content</b>	<p>Create a strong united and grounded Structure where your bones, tendons and muscles are united into one force gaining optimum health and well being.</p>
<b>Learning objectives</b>	<p>Learn a set of 5 Ironshirt postures            Learn powerfull breathing methods            Learn 6 Healing Sounds            Learn Microcosmic Orbit            Learn how to guide, transform, recycle emotional energy            Learn to create your bondaries and hold your ground while being open            Learn to reunite your bodysystems into one powerful unity            Learn to reunite your whole bone structure to be rooted to the ground</p>
<b>Requirements</b>	<p>please inquire</p>
<b>Methodology</b>	<p>Theory and Practice            Individual, Group and partner exercises, plenary discussions etc.</p>
<b>Recommendation</b>	<p>In perparation for the course please read for example the following books:            Iron Shirt Chi Kung I</p>
<b>Date</b>	<p><a href="https://www.universal-healing-tao.ch/en/calendar">https://www.universal-healing-tao.ch/en/calendar</a></p>
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<b>Speaker</b>	<p>Senior Instructor Rentao Ravasio</p>



Branch	Energy Meditation
Module 3	Tan Tien Chi Kung
<p><b>Description</b></p> 	<p>Tan Tien Chi Kung is one of the best Taoist Chi Kung practices used to develop the Tan Tien and Perineum power. We need Chi and Chi pressure in the Tan Tien as a foundation for most of the Universal Tao practices, especially for Iron Shirt Chi Kung, Tai Chi Chi Kung and meditation. The Tan Tien is the energy reservoir in the body; it is the place where we store the energy we generate, gather and absorb in Chi Kung, Tai Chi and meditation. The Tan Tien is also called the ocean of Chi. According to Chinese medical theory, once the ocean is full it over flows into the eight extraordinary meridians. Once these are full the Chi flows into the twelve ordinary meridians, each of which is associated with a particular organ. The Tan Tien is therefore the foundation of the entire energetic system of the body. Tan Tien Chi Kung will help you develop Chi pressure which is one of the best practices to reverse the downward spiralling movements into the upward spiralling movement of the quantity and quality of our life force. In other words, the increase of the Chi pressure in our Tan Tien through the Tan Tien Chi Kung will enhance our healing, martial arts (Iron Shirt and Tai Chi), meditation abilities, and the art of daily living and will also nourish our original force. It is the Chi pressure in the Tan Tien that roots our body and mind.</p>
<p><b>Content</b></p>	<p>Learn to develop and strengthen your Tan Tien Power so you can enjoy the faculties of your center - security, wisdom, guidance and power - to support your actions.</p>
<p><b>Learning objectives</b></p>	<p>Strengthening the center of your 2nd Brain. Learn to charge your inner batterie Learn to strengthen your lower abdominal area Learn to revitalize your fascias, strenthen your organs and glands Learn to a set of postures to train and maximise your Tan Tien Power</p>
<p><b>Requirements</b></p>	<p>please inquire</p>
<p><b>Methodology</b></p>	<p>Theory and Practice Individual, Group and partner exercises, plenary discussions etc.</p>
<p><b>Recommendation</b></p>	<p>In perparation for the course please read the following books: Tan Tien Chi Kung</p>
<p><b>Date</b></p>	<p><a href="https://www.universal-healing-tao.ch/en/calendar">https://www.universal-healing-tao.ch/en/calendar</a></p>
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<p><b>Location</b></p>	<p>Switzerland in Bern and Lausanne</p>
<p><b>Speaker</b></p>	<p>Senior Instructor Rentao Ravasio</p>



Branch	Energy Meditation
Module 4	Tao Yin (Tao Yoga Exercises)
<b>Description</b>	 <p>Taoist Yoga sets of exercises which heals deep imbalances in our tendon, spine and muscle systems. The exercises work specifically on the posas muscle providing a rebalancing of our structural alignment.</p>
<b>Content</b>	To develop your own personal exercise set of Tao Yin Exercises that suit to correct your individual imbalances.
<b>Learning objectives</b>	<p>Learn 6 Sets of Tao Yin Exercises</p> <p>Learn to create your ultimate personal Tao Yin Exercise Set</p> <p>Learn Inner Smile Meditation</p> <p>Learn 6 Healing Sounds</p> <p>Learn Microcosmic Orbit</p> <p>Learn Iron Shirt Chi Kung Posture Tree and Turtle</p> <p>Learn how to guide, transform, recycle emotional energy</p> <p>Learn how to be in deep conection with yourself</p> <p>Learn chi self massage</p>
<b>Requirements</b>	please inquire
<b>Methodology</b>	<p>Theory and Practice</p> <p>Individual, Group and partner exercises, plenary discussions etc.</p>
<b>Recommendation</b>	<p>In perparation for the course please read the following books:</p> <p>Transforming Stress into Vitality</p> <p>Awaken healing light</p> <p>Tao Yin (this is the workbook during the seminar)</p>
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