



UNIVERSAL HEALING TAO
Inner Martial Art Branch
Switzerland

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THE UNIVERSAL HEALING TAO (UHT) SYSTEM

UHT is an Energy University derived from Chinese Taoist Wisdom. The practices aim to consciously achieve the highest possible level of health in all our dimensions - **physical**, **mental**, **emotional** and **spiritual** - to nourish our soul and spirit, and live in flow and joy - **flowjoy©**.

The UHT System is structured in

3 stages of evolution

6 different branches of study: Energy Meditation, Sexual Alchemy, Advanced Alchemy, **Internal Martial Arts**, Healing Arts, the Immortal Tao

9 Internal Alchemy Formulas.

The branches represent ways of studying and practicing the Tao. Each branch consists of formulas of different levels and is learned through a set of specific modules, elements and techniques. It is possible to accomplish and master each branch and its complete program. This clear structure allows each individual to evolve step by step and easily integrate these simple and concrete techniques into their own lifestyle.

The Branch of Inner Martial Arts & Health

This branch expands through specific Chi Kung and Nei Kung Techniques the practitioners inner strength and health. This aim is achieved via the components of this branch and its profound Nei Kung Techniques. Learning, studying, practicing along this branch supports us to move energy efficiently and effectively through the body and to fully express oneself effortlessly via the physical body in the world. The health of body systems such as tendon, ligament, bone, bone marrow, skin, lymph and nervous system are all tremendously enhance by the practices in this branch.

The Modules in the Inner Martial Arts & Health Branch

- 1** Iron Shirt I Iron Shirt Chi Kung
- 2** Iron Shirt II Tendon Nei Kung
- 3** Iron Shirt III Bone Marrow Nei Kung
- 4** Tai Chi Chi Kung I - slow form
- 5** Tai Chi Chi Kung II - fast form