





Branch	Martial Art and Health
Module 1	Iron Shirt Chi Kung I - 5 Postures
Description 	<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>
Content	Create a strong united and grounded Structure where your bones, tendons and muscles are united into one force gaining optimum health and well being.
Learning objectives	<p>Learn a set of 5 Ironshirt postures</p> <p>Learn powerfull breathing methods</p> <p>Learn 6 Healing Sounds</p> <p>Learn Microcosmic Orbit</p> <p>Learn how to guide, transform, recycle emotional energy</p> <p>Learn to create your bondaries and hold your ground while being open</p> <p>Learn to reunite your bodysystems into one powerful unity</p> <p>Learn to reunite your whole bone structure to be rooted to the ground</p>
Requirements	please inquire
Methodology	<p>Theory and Practice</p> <p>Individual, Group and partner exercises, plenary discussions etc.</p>
Recommendation	<p>In perparation for the course please read for example the following books:</p> <p>Iron Shirt Chi Kung I</p>
Date	https://www.universal-healing-tao.ch/en/calendar
Languages	English, French, German
Duration	1 ore 2 days
Time	09.30 - 13.00 / 14.00 -17.00
Location	Switzerland in Bern and Lausanne
Speaker	Senior Instructor Rentao Ravasio



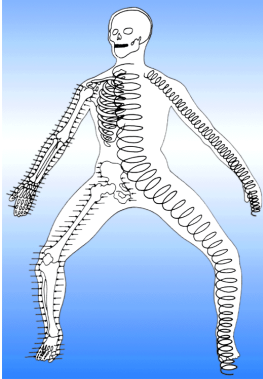
Branch	Martial Art - Optimal Health & Inner Power
Module 2	Iron Shirt Chi Kung II - Tendon Nei Kung
Description 	<p>A way to cultivate real inner health, strength and power. Learning to grow and strengthen the tendons into healthy tendons creates tremendous tendon power and builds our inner foundation of true strength in the body. Strong and supple tendons and open joints allow more space to store raw energy, which can then be transformed into higher creative and spiritual energy. The eight postures of Tendon Nei Kung are specifically designed to open the joints, fortify and grow all the tendons in the body, strengthening them as a unit.</p>
Content	Cultivate and strengthen your tendon system.
Learning objectives	<p>Learn to train the tendons to reunify into one whole system</p> <p>Learn to transfer energy through the bone structure using the tendon system</p> <p>Learn to maintain strong tendons till a very advanced age</p>
Requirements	<p>Module 1, 2, 5 and possibly 4</p> <p>To learn also Bone Marrow Nei Kung is recommended.</p>
Methodology	<p>Theory and Practice</p> <p>Individual, Group and partner exercises, plenary discussions etc.</p>
Recommendation	<p>In preparation for the course please read for example the following books:</p> <p>Tendon Nei Kung</p>
Date	https://www.universal-healing-tao.ch/en/calendar
Languages	English, French, German
Duration	1 ore 2 days
Time	09.30 - 13.00 / 14.00 -17.00
Location	Switzerland in Bern and Lausanne
Speaker	Senior Instructor Rentao Ravasio



Branch Martial Art and Optimum Health and Inner Strength

Module 3 Iron Shirt Chi Kung III - Bone Marrow Nei Kung

Description



This training is a way to real health, inner strength and and longevity. Get to know, cleanse, and heal your entire skeleton (bone structure) down to the depth of your bone marrow. The powerful Bone Breathing and Bone Healing methods, to breath into our bones and the methods to condense our powerful, healing sexual energy (Jing Chi) into the bones, not only strengthens the bones and the bone marrow but also activates the whole immune system. Rejuvenating and regenerating the bone marrow is an important step gaining ultimate health, spiritual clarity, and high consciousness. Our bones have a crystalline structure, which absorbs energy and passes it into our energy system. The bones are also a storage place for our spiritual energy and life force, as well as a mediator for forces from outside to inside and from inside to outside. Already as early as from the age of 20 years old the red bone marrow is slowly replaced by fat substances causing our bones to become weak (Osteoporosis) and our immune system to degenerate. Healthy smiling bones and healthy blood, a strong immune system, improved health, greater vitality, peace and balance are only a few of the benefits of those profound exercises. Advanced practices include strengthening the tendons, muscles, bones, and organs through Chi Weight Lifting and hitting exercises, which will not only detoxify your body, but also rejuvenate your bone marrow.

Content

Cleansing, purifying and regrowing your red bone marrow.

Learning objectives

- Learn powerfull methods of generating great amounts of essence (ching chi)
- Learn to condense energies deep into your bone structure as a storage place
- Learn to strengthen your fascias and organs
- Learn to prevent bone density loss and osteoporosis
- Learn how to detoxify your bones, skin, lymphsystem by daily hitting practice

Requirements

Module 1, 2, 5 and possibly 4
alsoTendon Nei Kung is recommended as a next step to optimum health.

Methodology

Theory and Practice
Individual, Group and partner exercises, plenary discussions etc.

Recommendation

In perparation for the course please read for example the following books:
Bone Marrow Nei Kung

Date

<https://www.universal-healing-tao.ch/en/calendar>

Languages

English, French, German

Duration

1 ore 2 days

Time

09.30 - 13.00 / 14.00 -17.00

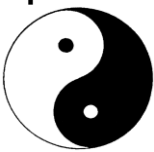


Location

Switzerland in Bern and Lausanne

Speaker

Senior Instructor Rentao Ravasio



Branch	Inner Martial Art and Health
Module 4	Tai Chi Chi Kung I
<p>Description</p>   	<p>Tai Chi Chi Kung I introduces us to the first level in the art of Tai Chi Chi Kung. Grandmaster Mantak Chia gave this name in his form instead of the usual Tai Chi Chuan (Taijiquan in Pinyin spelling). Because chuan (quan) literally means "fist" and thus emphasizes the practical application of this art. Chi Kung (Qigong) means "Cultivation of Energy". Chi Kung can be used to improve martial skills, to heal oneself and others, or to refine one's mind to find wisdom and peace of mind. Advances in Tai Chi are directly reflected in inner energy work such as meditation, healing and Chi Kung and vice versa. Tai Chi, in the sense that it is taught here, has nothing to do with the number of moves you can do or the different styles you know. What counts is THE QUALITY of every single movement. When the deeper principles of body mechanics, energy transfer and concentration handed down in the art of tai chi from the earliest masters to the present day are grasped, then everything one does is tai chi. Tai Chi is an art that aims to teach us how to move at the highest level of health in today's modern world. In addition to the thirteen basic techniques, Tai Chi also includes a large number of inner movement principles. When there are fewer external movements to learn, the tai chi student progresses faster: from initial practice of the external form to mastering the internal structure of tai chi. The deepening forms include: Yin and Yang Inner Smile Form, Rooting and Grounding Form, Channeling Chi Through the Body Form, Tendon Power Activation Form, Tan Tien Form, Healing Form, Skin and Bone Breathing Form, and Integration Form . Practicing these inner forms leads us to truly true inner and outer health.</p>
<p>Content</p>	<p>Learn to move gracefully and in flowjoy through the world with minimal effort but maximum efficiency and effectiveness.</p>
<p>Learning objectives</p>	<p>Learn an ancient short Master Form for optimizing your health Learn to absorb and store energy in your body's energy system Learn to transform deep habitual patterns of stiffness, tension and uneasiness Learn to harmonize and synchronize your left and right brain Learn to harmonize yin and yang Learn to develop gentleness, grace and gratitude Learn to use a unified structure in movement for maximum self expression</p>
<p>Methodology</p>	<p>Theory and Practice Individual, Group and partner exercises, plenary discussions etc.</p>
<p>Requirements</p>	<p>You can start with no prerequisites yet we recommend the Basic Modules 1, 5, 13</p>
<p>Recommendation</p>	<p>In preparation for the course please read the following books: Tai Chi Chi Kung I</p>
<p>Date</p>	<p>https://www.universal-healing-tao.ch/en/calendar</p>
<p>Languages</p>	<p>English, French, German</p>
<p>Duration</p>	<p>1 or 2 days</p>
<p>Time</p>	<p>09.30 - 13.00 / 14.00 -17.00</p>
<p>Location</p>	<p>Switzerland in Bern and Lausanne</p>

Speaker

Senior Instructor Rentao Ravasio



Branch	Inner Martial Art and Health
Module 5	Tai Chi Chi Kung II - fast form
<p>Description</p> 	<p>This short fast form of Tai Chi (for discharging energy) is based on the Tai Chi Kung I Form. This form as well as push hands training will expand your understanding by experiencing the hidden secrets within any Tai Chi Form.</p>
Content	Learn to transfer earth energy up through your structure and to discharge it.
Learning objectives	Learn to move your structure as a unity in a fast form
	Learn the inner ways of accessing more power and energy
	Learn some applications of the Tai Chi Movements with a partner
Requirements	Module 1, 2, 5, 10,
Methodology	Theory and Practice Individual, Group and partner exercises, plenary discussions etc.
Recommendation	In perparation for the course please read for example the following books: Tai Chi Chi Kung II
Date	https://www.universal-healing-tao.ch/en/calendar
Languages	English, French, German
Duration	1 ore 2 days
Time	09.30 - 13.00 / 14.00 -17.00
Location	Switzerland in Bern and Lausanne
Speaker	Senior Instructor Rentao Ravasio