



UNIVERSAL HEALING TAO
SWITZERLAND

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Healing Love Couple Seminar

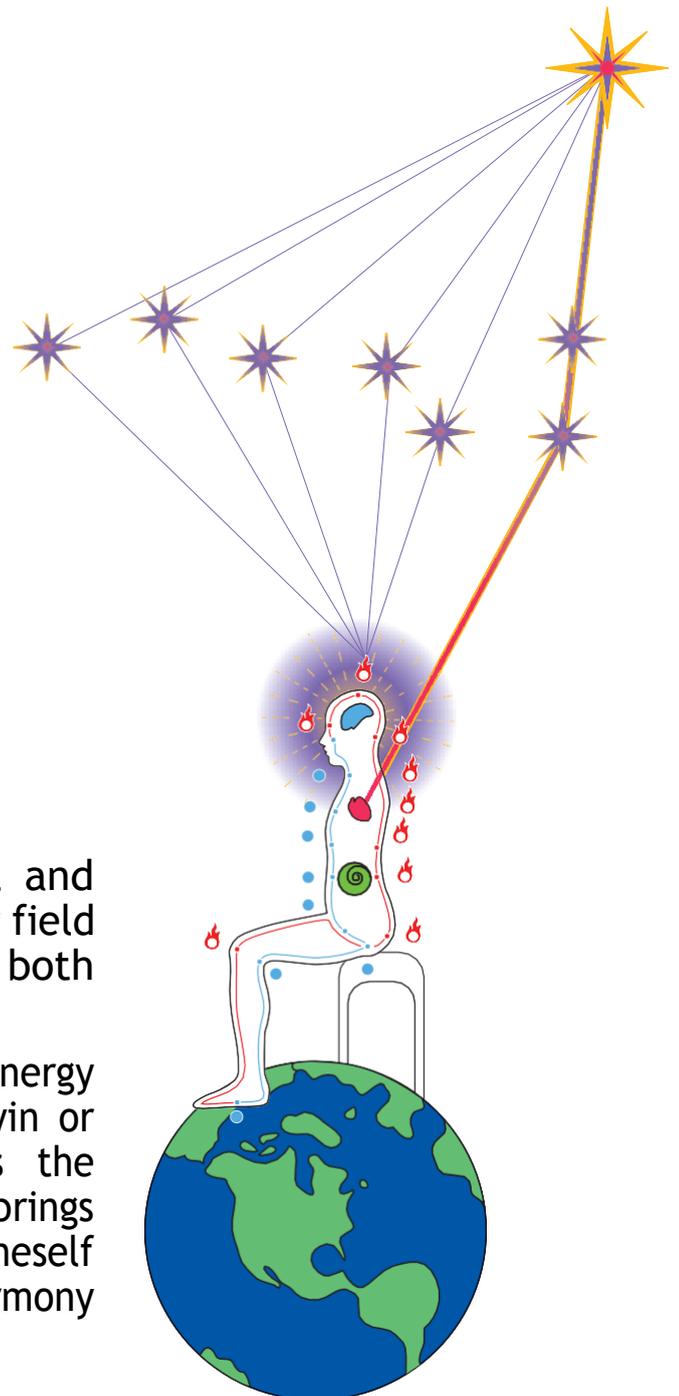
Practice to balance Eros-Agape-Amor and being multiorgasmic together

Venue: Bern
Time: 09.30 - 17.00
Costs: CHF 390 (per person)



We welcome you to learn a practical and grounded approach to cultivate an energy field of love, joy and bliss that nourishes both partners alike.

Utilizing and balancing your own energy potential and releasing your own excess yin or yang essence to your partner supports the essence of both. This simultaneously brings about deep spiritual autonomy within oneself and true unity, connection and harmony together.



Instructor: Rentao - UHT Senior Instructor
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UNIVERSAL HEALING TAO SYSTEM (UHTS)

Healing Love Branch for dual cultivation

Healing Love cultivates the most powerful energy, the creative energy, in our bodies and harmonizes our sexual energies. The conscious refinement and circulation of creative energy in our body leads to healing and joyful, fulfilling relationships. The three forms of love (Amor, Agape, Eros), which find expression through our three main centers in the body (belly, heart, head) are harmonized and balanced. These techniques are particularly effective with potency problems, prostate problems, PMS, menstruation, menopause and abdominal disorders. Note: Privacy is ensured throughout the seminar and certain exercises are therefore only explained or exercised rudimentarily.

Women learn the breast massage, ovarian breathing and egg exercises that not only have a very positive impact on health and promote creativity, but also resolve blockages and increase the sensation of pleasure.

Men learn to massage the sexual organ and testicles as well as a breathing technique by which one can control premature ejaculation or stop it all together, and when mastered, can result in multiorgasms and total body orgasms, healing and pleasure beyond the ejaculatory orgasm.

Besides specific exercises healing love exercises you also will learn the UHT basics, which are a prerequisite for enjoying the benefits of the healing love practices. Learn to recharge your internal battery, to boost your immune system, transform negative emotions, and increase creative potential to activate your spiritual energy. Create a conscious connection with your inner source and experience how to increase your own life force "Chi" and activate your spiritual intelligence.

Through Warm up and Chi Kung (intensive work with our inner energy) exercises we enhance the capacity of our physical and energetic body to absorb more energy.

The Inner Smile is a wonderful relaxation exercise through which we achieve harmony with our physical body thereby also learning to accept and respect unconditionally ourselves with all our bodily functions (glands, organs, cells, bones, etc.).

The Six Healing Sounds support us to transform negative emotions, stress and pain into life force. Our organs are detoxified and regenerated.

By **opening the Microcosmic Orbit** we guide our consciousness and energy along the two main meridians in our energy body, which supplies our entire body with more vitality and consciousness. We become healthier, less susceptible to stress, more balanced and flow through life with joy.

Iron Shirt Chi Kung supports through positions and concentration the flow of energy, strengthens our roots, opens energy channels and energizes muscles, tendons, nerves, organs as well as unifies our whole bone structure. In this way we build a so-called "protective Iron Shirt Chi" and are able to maintain healthy chi pressure, posture, as well as inner stability, efficiency and effectiveness.



Rentao

As a former professional athlete and sports teacher, I was looking for training methods that work from the inside out instead of from the outside in. I found the answers in UNIVERSAL HEALING TAO (UHT) and became a student, assistant and senior instructor of Grand Master Mantak Chia - founder of the UHT system. I ran a Taoist health centre in the Swiss Alps for over 12 years and have been teaching all over the world for more than 30 years. In 2008/2012 I organised the first European UHT Instructor Conferences with over 250 instructors from 27 countries. As a coach, I share my health prevention concepts **flowjoy©** and **4-Dimensional Health (4-DH®)**, as well as practical exercises that enable every human being to live in flow, joy and love in 24-hour everyday life.