



JOIN ME for Morning Qi Gong Class

Information info@universal-healing-tao.ch • 076 525 52 92

Registration <https://uht.universal-healing-tao.ch/en/form>

Learn and practice together

Looking forward seeing you!

About the Morning Qi Gong Classes

01 Information

This Qi Gong Morning Class is intended over a Series of 5 Sessions to learn the Basics of the Universal Healing Tao System and then to continue practicing it in order to enjoy the benefits in our 24h everyday life.

02 When, Where and What?

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|--------------|-------------------|----------|----------------------------------|
| When: | Wednesday Morning | Series 1 | 17.1./24.1./31.1./7.2./14.2. |
| | | Series 2 | 6.3./13.3./20.3./10.4./17.4. |
| | | Series 3 | 29.5./5.6./12.6./19.6./26.6. |
| | | Series 4 | 21.8./28.8./4.9./25.9./2.10 |
| | | Series 5 | 2.10./9.10./16.10./23.10./30.10. |

Time: 09.30 to 11.00

Practices: We learn and practice the Basic Modules of UHT System

- Standing Warm up Qi Gong Program
- Sitting Energy Meditation
 - Inner Smile
 - 6 Healing Sounds
 - Micro Cosmic Orbit
- Various Qi Gong Forms
 - Taoist Yoga Tao Yin
 - Iron Shirt Chi Kung

Costs: CHF 180 for one series

03 Registration

Via Website: <https://www.universal-healing-tao.ch/en/form>

I look forward to practice with you.

flowjoy@greetings

Rentao Ravasio