

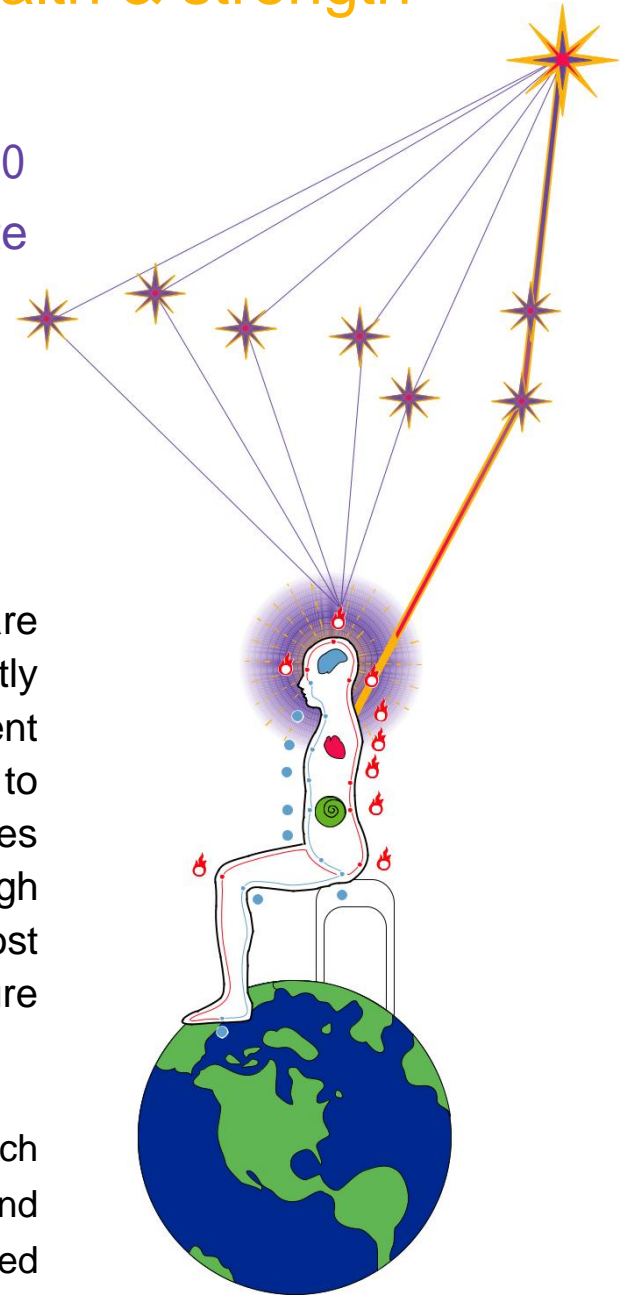


Iron Shirt I & Tao Yin

Cultivate your inner health & strength



Venue: Bern
Time: 09.30 – 17.00
Costs: See website



Welcome

Iron Shirt I, Tan Tien Chi Kung and Tao Yin are sets of exercises that when performed correctly over time will support us in a perfect alignment of our inner structure. This will allow us to absorb external energies easily and creates multiple health benefits. For example through Iron Shirt I we start using our body most efficiently with minimal energy expenditure causing less stress and energy losses.

Tao Yin rounds it all up by sets of exercises which correct deep imbalances in our tendon, spine and muscle systems. Truly a seminar not to be missed if you like to develop real inner health & strength.

Supreme Inner Alchemy Practices

This practical system serves to cultivate a healthy body, develop your soul and raise your spirits. Its main branches and core formulas cover meditation, Qi Qong, Healing Love Practices as well as martial and healing arts. It empowers individuals to develop physical, mental, emotional and spiritual potential in order to become their own healers and masters. The UHT is shared on 6 continents by its founder Grandmaster Mantak Chia as well as the global UHT Faculty with over 900 certified instructors and practitioners. Its accessibility suits everyday western lifestyle and allows every individual to freely choose a joyful life of health, love and wealth.



UHT System
Founder
Grandmaster
Mantak Chia

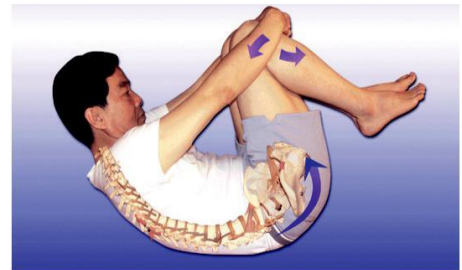
Iron Shirt – Tao Yin

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.



Tao Yin In the Western world, exercise focuses mainly on physical fitness and developing muscular strength. In the East, exercise systems balance fitness practices for the body, mind, and spirit. This balance is strongly emphasized in the Taoist System of Tao Yin, one of the oldest and most diverse forms of exercise in China. Tao Yin and its 45 fully illustrated Tao Yin exercises focuses on creating

balance between internal and external energies and re-vitalizing the body, mind, and spirit with a combination of strength, flexibility, and internal energy exercises. The focus is on the lying and sitting positions of Tao Yin, which improve health and structural alignment and, once mastered, strengthen movements and postures in standing positions. The benefits of these remarkably simple exercises include



harmonizing chi, developing strength and flexibility through tendon stretching, relaxing the abdominal muscles and the diaphragm, releasing toxins through the breath, and training the "second brain" in the lower abdomen to coordinate and direct these processes. Its ultimate goal is for the practitioner to become pure, responsive, and full of energy, like a child.



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.