



UNIVERSAL HEALING TAO  
SWITZERLAND

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# Tan Tien Chi Kung

Develop the Power-Wisdom-Security & Guidance  
from your Tan Tien



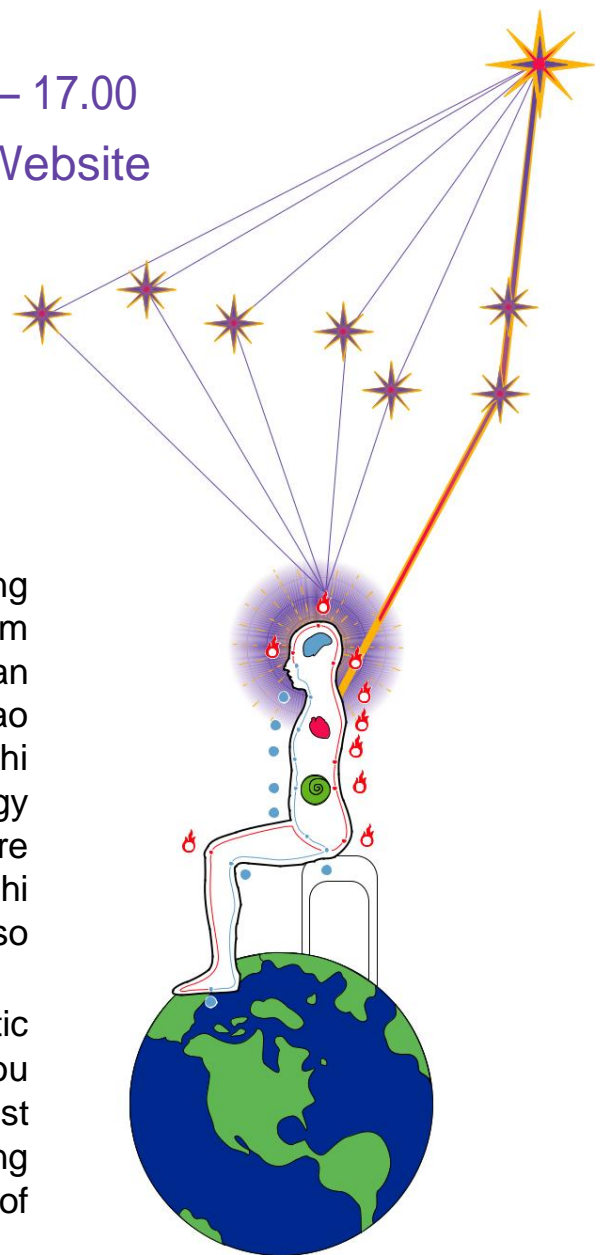
Grandmaster Mantak Chia demonstrating to  
Senior Instructor Rentao Ravasio the inner Chi Pressure  
developed by Tan Tien Chi Kung.

## Welcome

Tan Tien Chi Kung is one of the best Taoist Chi Kung practices used to develop the Tan Tien and Perineum power. We need Chi and Chi pressure in the Tan Tien as a foundation for most of the Universal Tao practices, especially for Iron Shirt Chi Kung, Tai Chi Chi Kung and Meditation. The Tan Tien is the energy reservoir in the body; it is the place where we store the energy we generate, gather and absorb in Chi Kung, Tai Chi and meditation. The Tan Tien is also called the ocean of Chi.

The Tan Tien is the foundation of the entire energetic system of the body. Tan Tien Chi Kung will help you develop Chi pressure which is one of the best practices to reverse the downward spiralling movements into the upward spiralling movement of the quantity and quality of our life force.

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



Instructor: **Rentao** - UHT Senior Instructor

Registration : rentao@universal-healing-tao.ch • 076 332 39 39

## 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

## Tan Tien Chi Kung

**Tan Tien Chi Kung** with its 11 Postures is one of the best Taoist Chi Kung practices used to develop the Tan Tien and Perineum power. We need Chi and Chi pressure in the Tan Tien as a foundation for most of the Universal Tao practices, especially for Iron Shirt Chi Kung, Tai Chi Chi Kung and meditation. The Tan Tien is the energy reservoir in the body; it is the place where we store the energy we generate, gather and absorb in Chi Kung, Tai Chi and meditation. The Tan Tien is also called the ocean of Chi. According to Chinese medical theory, once the ocean is full it over flows into the eight extraordinary meridians. Once these are full the Chi flows into the twelve ordinary meridians, each of which is associated with a particular organ.



The Tan Tien is therefore the foundation of the entire energetic system of the body. Tan Tien Chi Kung will help you develop Chi pressure which is one of the best practices to reverse the downward spiraling movements into the upward spiraling movement of the quantity and quality of our life force. In other words, the increase of the Chi pressure in our Tan Tien through the Tan Tien Chi Kung will enhance our healing, martial arts (Iron Shirt and Tai Chi), meditation abilities, and the art of daily living and will also nourish our original force. It is the Chi pressure in the Tan Tien that roots our body and mind.



### 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.