

Hello

We look forward to your participation in our Chi Nei Tsang® Training in the form of a retreat. In order for you to benefit as fully as possible, we recommend that you schedule some time a month before the start of the course for the (optional) preparations below.

Best regards - Veetao and Rentao

I Recommendations on how to take care of your body and vital organs

During the training, your own organs will be worked and detoxified. To make this experience as effective and enjoyable as possible for you, we recommend:

- 01 Minimum one month before the start of the course, check your diet and try to suppress: alcohol, coffee, fried food, and all foods that irritate you (gluten, lactose etc ...)
- 02 You can also follow a cleansing program of the intestines and vital organs (Chinese herbalism, aromatherapy, homeopathy, colonic irrigation... whatever the modality that suits you best).

For the beginning of the course, **please remember to cut your nails** and avoid perfumes or essential oils.

II Lecture: Guide to CNT training and article on CNT

01 Student Guide in Chi Nei Tsang (CNT):

https://www.universal-healing-tao.ch/media/attachments/2021/01/25/02-cnt-guide-1_f_2021.pdf

02 General presentation article of Chi Nei Tsang:

https://www.universal-healing-tao.ch/media/attachments/2019/11/25/07-info-cnt-article_f.pdf

III Search, study as you please...

Chi Nei Tsang massage is derived from Traditional Chinese Medicine (TCM). It is both physical (manual techniques) but also energetic. To prepare you can inquire about:

Note: You will also find the following in the book of Mantak Chia quoted above

1. The Holistic Approach of Traditional Chinese Medicine
2. The System of Five Elements (or Five Phases of Energy) that classifies our organs
3. Qi or chi (energy)

To locate and understand the functioning of organs, it is very useful to have knowledge of:

4. The Anatomy and location of vital organs and viscera
5. The whole digestive system

Note: You will find an anatomy document used during the courses on our website:

Link: https://www.universal-healing-tao.ch/media/attachments/2022/02/01/anat_physio_website.pdf

III Material provided during the course

01 Course material

02 Videos of the massage protocol

03 Videos of Inner Smile Meditation Practices and Six Healing Sounds

IV Recommended Hardware (Optional)

01 Book of Mantak Chia: Chi Nei Tsang / Chi Massage of internal organs (Editions Trédaniel)

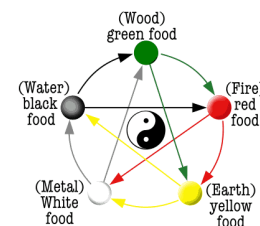
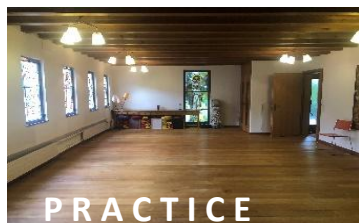
02 Bamboo whip CHF 25 can be ordered in advance / or on sale on site

03 gwasha knife CHF 20 can be ordered in advance / or on sale on site

04 DVD of Qi Gong CHF 25 can be ordered in advance / or on sale on site

Information Retreats 2022

Contact: For all information on the place and accommodation of the retreat
Contact Rentao Ravasio 076 332 39 39



Cooking of the 5 Elements

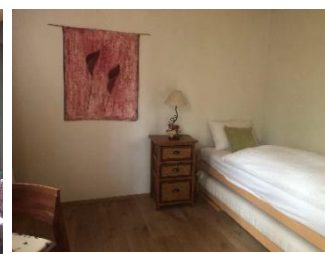
Rooms All rooms are ***individual*** and have a sink.
The toilet and showers are on the floor. Towels are provided.
For couples: possibility to put two beds

Rates Prices include accommodation and full board (3 meals + all teas/coffees)
From Saturday evening till Saturday morning - 7 days

The price of full board is to be paid with the teaching's fees
Teaching's fees CHF 1 360 + CHF 1140 full board

Payment The account number is in the pdf document "confirmation" sent to you by e-mail to after your registration.

Address: **Chalet St-Paul** Anne-Marie Reichenbach Schwaller - 079 237 48 27
Chemin du Poyet 18, 1634 La Roche, Fribourg, Switzerland
Website: www.chaletsaintpaul.ch



At Chalet St-Paul, you immediately feel at home.

The common areas are welcoming and it is good to share a moment

A gesture of welcome on the part of Chalet St-Paul: each guest can choose on arrival the room that suits her- him (size, décor, view etc.) and on the last day, before departure, each guest remakes the bed for the next guest