



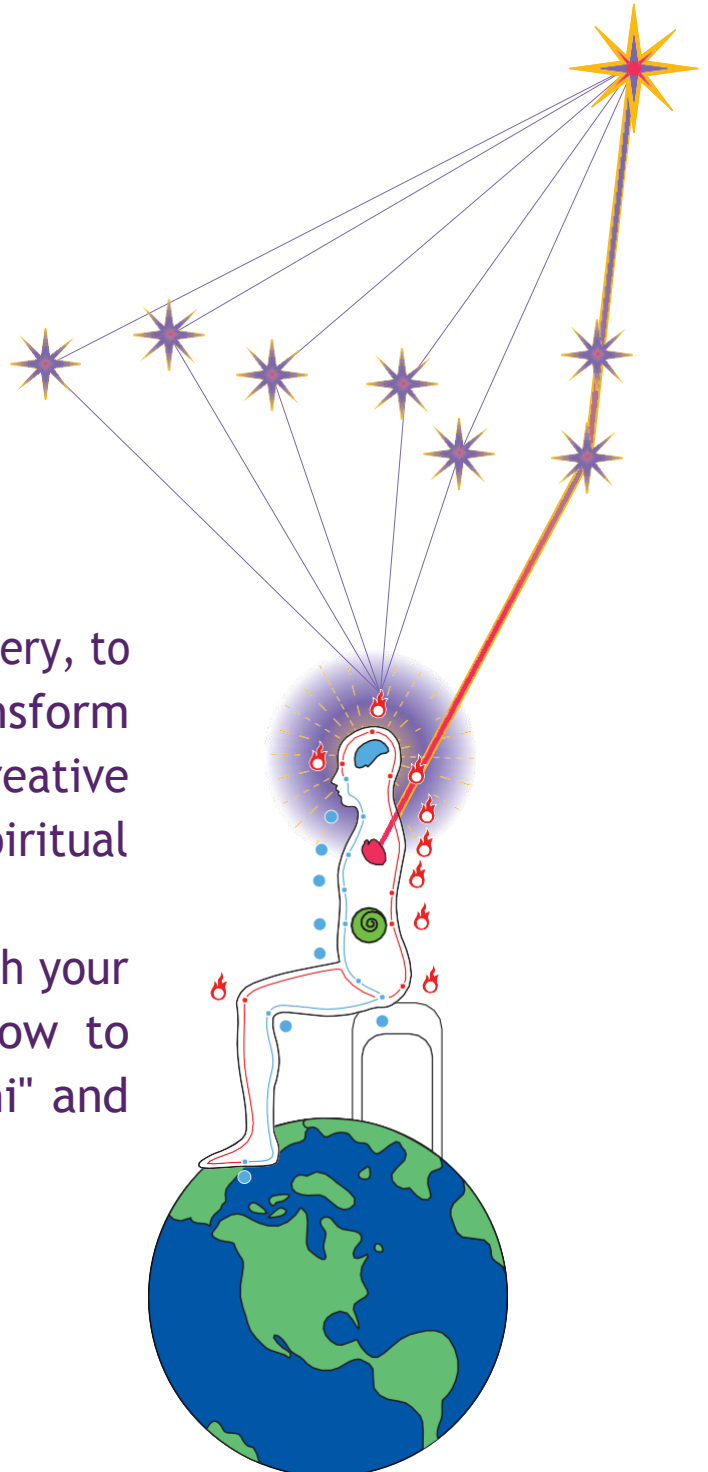
2 Days • Basic Energy Meditation Seminar

Iron Shirt Chi Kung • Tao Mediation • Microcosmic Orbit

Venue: Bern
Time: 09.30 - 17.00
Costs: CHF 360

Learn to recharge your internal battery, to boost your immune system, transform negative emotions, increase creative potential and 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.



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.

Basic Seminar Content



Learn to recharge your internal battery, to boost your immune system, transform negative emotions, increase creative potential and 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.

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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.