



Tai Chi Chi Kung I & Tan Tien Chi Kung

The inner structure of Tai Chi

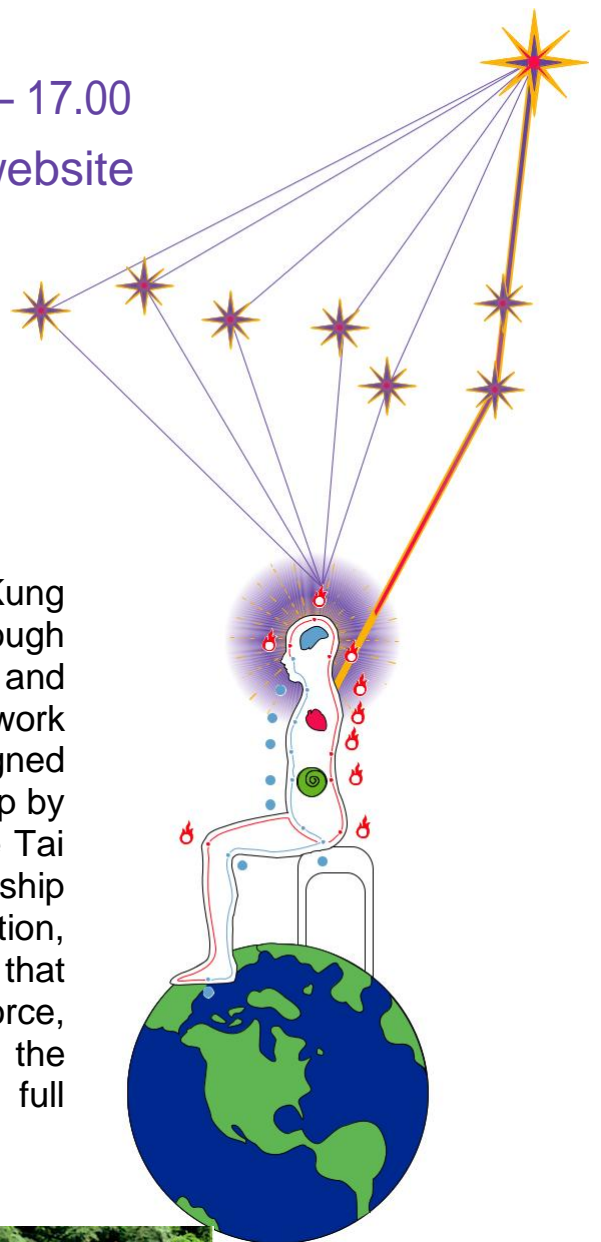


Grandmaster Mantak Chia demonstrating to Senior Instructor Rentao Ravasio the inner Chi Pressure developed by Tan Tien Chi Kung.

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

Welcome

The Inner Structure of Tai Chi and Tan Tien Chi Kung (one of the best Taoist practices as it develops through positions and breathing techniques the Tan Tien and Perinum power) explore the deep, internal work necessary for the effective practice of Tai Chi. Designed for practitioners at every level the form is shared step by step for mastering the 13 forms of early Yang Style Tai Chi, also known as Tai Chi Chi Kung. The relationship of the inner structure of Tai Chi to the absorption, transformation, and circulation of the three forces that animate all life - the Universal Force, the Cosmic Force, and the Earth Force are revealed as well as the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that Tai Chi can bring.



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 Gong, 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

Tai Chi Chi Kung I & Tan Tien Chi Kung

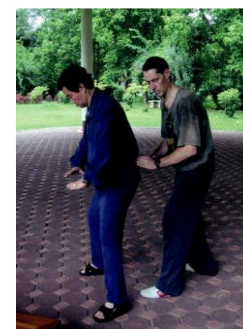
Tai Chi Chi Kung I explores the deep, internal work necessary for the effective practice of Tai Chi

- Reveals the Taoist principles that gave birth to the Yang-style tai chi forms
- Shows how tai chi can circulate powerful healing energies through the body

Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning of the twentieth century, tai chi was considered a secret practice that was passed down only within a closely knit structure of family and loyal disciples. Despite its widespread growth in popularity as a martial art and health exercise, many of its underlying internal practices remain unknown.

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 overflows 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