

TAO HEALING ARTS SCHOOL

Chi Nei Tsang and Associate Instructor Full Training Program

February – December 2018

After following all the workshops bellow, presenting the required case studies and testing, you'll become a Chi Nei Tsang Practitioner Levels I & II and Associate Instructor

recognized by the HTIA and UHT.

Ready to start your own practice.

For those that have taken some courses already you are welcome to sign up for specific weekends



Chi Nei Tsang is part of a larger Taoist paradigm of practice that includes meditation, Tai Chi, and Chi Kung. CNT techniques are easily adaptable to work on yourself as well; thereby offering an opportunity to both heal yourself and teach clients practices to better care for themselves. This system incorporates the Taoist understanding of the meridian systems of energy and the cultivation

of energy to keep healthy and create vitality and will add a new dimension to your healing work. These precise techniques will enable energy blockages to be cleared in the abdominal area and within the internal organs long before it is noticed in the periphery of the body. Many techniques only work with the body's extremities and energy channels, far from the navel center and the organs. Chi Nei Tsang has been called a most "direct system." Working with the "tan tien", a source point for all meridians and energy channels

Calendar

Tao Basics February 17-19 2018 , 9 am – 6pm with Andrew McCart
(Tao Yin, Inner Smile, Six healing Sounds , Chi self-massage,

Standing, Microcosmic Orbit, Healing Love)

Chi Nei Tsang I March 16-18 2018 9 am-6 pm with Aaron Stiles
Organ Massage: Activating the wheel of life

Practice Days 1 April 14-16 2018, 9am – 6pm with Aaron Stiles/Andrew McCart

Chi Nei Tsang II May 25-28 2018, 9am – 6pm with Aaron Stiles
Opening the wind gates, riding the pulse

Practice days 2 June 6-18 2018, 9am – 6pm with Aaron Stiles/Andrew McCart

Chi Nei Tsang Advanced June 30 July 2 9am-6pm with Karin Sorvik
Working with applied Buddha Palm and Cosmic Healing
Prerequisites CNT I & II (Not included in the year training program, separate registration)

Chi Nei Tsang I Deepening September 1-3 2018, 9am - 6pm with Rene Navarro/ Aaron Stiles
Organ Massage: Activating the wheel of life

Tao Advanced October 6-8 2018, 9 am – 6pm with Rene Navarro
(Buddha Palm, Iron Shirt, Fusion and Healing Love)

Chi Nei Tsang II Deepening November 10-12 2018, 9am – 6pm with Rene Navarro/Aaron Stiles
Opening the wind gates, riding the pulse

Practice days 3 December 8-10 2018, 9am – 6pm with Aaron Stiles

Total hours: 243hrs.

Chi Nei Tsang and Associate Instructor Full Tuition \$5400

Early registration Until January 1 2018 \$5000. Extended payment offered

Total hours: 108hrs.

Associate Instructor Only Full Tuition \$2400

Early registration Until January 1 2018 \$ 2200. Extended payment offered

Any questions and guidance e mail infohealingtao@gmail.com

Location 303 5th Ave #309 NY NY 10016

Healing Tao System

Overview

The Healing Tao system is a total Body-Mind-Spiritual practice. Even though it may look complicated, it is actually pretty simple if you learn the practices step-by-step. It is more important to practice--and to find enjoyment while doing it--than to try constantly to learn more and more.

Basic Practices

The Practice of Being Present

To be fully present in the "now", Taoists empty themselves of concerns . . . releasing thoughts and emotions. The past and the future serve only to distract oneself from the ultimate goal of residing in the Tao--a place of greatest energy and peace.

Transform Stress into Vitality Inner Smile and Six Healing Sounds

These energy transforming exercises are simple and only take 20 minutes a day to practice. Nonetheless they have powerful and long-lasting effects. In the Inner Smile, we smile to our organs; the Six Healing Sounds help to release stagnant energy and negative emotions. The result of both of these practices is to return the body to a state of balance and harmony.

Microcosmic Orbit Meditation

Opening the Microcosmic Orbit is the ancient foundation for healing, martial arts, and the practice of being present. This meditation allows energy from the navel center to flow up the spine, to the head, and returning down the front of the chest back to its origin. When energy circulates through this orbit, it unifies the physical, emotional, and spiritual centers. By being present and releasing all resistance to this natural flow, we achieve rejuvenation, longevity, and healing.

Fusion of the Five Elements I

In this practice of Taoist Internal Alchemy, we learn to neutralize the negative emotions of worry, sadness, arrogance, anger and fear. We turn these back into pure energy by locating the sources of these negative emotions in the bodily organs and then neutralize them in pairs. This purified energy is crystallized into a radiant energy pearl within our lower dantien. This pearl is then circulated through the Microcosmic Orbit, which attracts additional qi from heaven, earth, and the cosmos. This formation and circulation of the pearl plays a pivotal role in the nourishment of the soul or energy body.

Qigong for the Physical Body and Grounding

Tao Yin (Taoist Yoga)

Tao Yin exercises help your internal life force--or qi--to circulate more freely. This refreshes, attunes, adjusts, and regenerates your personal energy. All the Tao Yin movements are based on ancient spiritual development. These Taoist Yoga floor postures stretch the difficult-to-reach psoas muscle, calm the mind, open energy channels, and relieve stress. An important aspect of Tao Yin is that it has alternating phases of activity and relaxation. During the relaxation phase, you can learn to feel and gently guide the flow of qi to specific areas of your body. With "full body breathing" you can absorb energy from the air--opening each cell to the fresh vitality of the universal force. This practice helps to mobilize stagnant energy.

Iron Shirt Qigong /Standing

Powerful internal and external qigong practices for use in the martial arts, in healing, and in meditation. Iron Shirt 1 helps to develop a flexible, "steel-like" body by working with rooted standing meditation postures. These postures are the most effective way to ground your energy and stabilize your emotional body. Physically, they work to strengthen the fascia (connective tissue) which, in turn, protects the internal organs. The postures also help to benefit the tendons, ligaments, joints, and bones (which are more extensively covered in the higher levels of Iron Shirt). In total, the standing postures and moving qigong techniques of Iron Shirt 1 create extraordinary health, strength, and vitality.

Taoist Sexology- Healing Love Through the Tao

Sexuality is an integral part of the Taoist spiritual practice. The more we understand about the Tao of Sexology, the healthier the body and the emotions will be. The transformation of sexual energy into healing will help relationships by evolving them: physically, emotionally and spiritually. Learning these secrets of

managing male and female sexual energy can improve sexual performance and relieve tension. The practices can help improve menstrual, menopausal, and hormonal conditions. Breast massage--traditionally called "Deer exercise"--changes the hormones of the practitioner if done daily. By stimulating the breasts and simultaneously squeezing the vagina, a woman activates the natural production of estrogen. The fact that estrogen is produced naturally is very important. The body knows what amount of estrogen it needs at any given time. For men, it provides a mechanism to enhance vitality by stopping the loss of jing that occurs through ejaculation. Practices can be done alone and/or with a partner.

Chi Nei Tsang - Hands on Healing

Healing Self-Massage

Through simple yet powerful massage techniques, we utilize our energy to strengthen the body and its internal connections. Combining massage with the energy of one's awareness helps to dissolve the resistance which contributes to the aging process of stress and disease. This practice strengthens the internal organs; it improves our senses and awareness.

Chi Nei Tsang I

A powerful hands-on healing technique that utilizes the five major systems of the body: vascular, lymphatic, nervous, muscular, and chi. These systems are connected to the abdominal center, where unreleased stress and tension may cause obstructions. Through simple manipulations of the abdominal area, we can release physical, emotional, and mental resistance that can cause illness. Learn Five Element body diagnosis and how to transmit healing energy to others without depleting one's energy. This powerful practice is long-lasting and can be used for self-healing.

Chi Nei Tsang II

Chi Nei Tsang II works primarily with the opening and releasing of "winds" trapped energy within the body. These winds can weaken the nervous system and the internal organs, and disturb emotional energy. Releasing this resistance within the body can help reestablish the mind's clarity and our natural state of good health. The body regains its equilibrium and intrinsic strength

Cosmic Qigong/ Buddha Palm

This practice will teach you how to ground sick energy back to the earth and to disperse it to the Universe and recycled by the planets. If you focus on healing from your hands or your dantien you will use up your energy, you must be connected to the Cosmic Universal force not to burn out.



Karin Sörvik is a Taoist Minister and Senior Instructor and Senior Teacher with the [Healing Tao System](#). Her first career was in dance, theatre and music, earning her degree in acting from the Escuela Nacional de Arte Dramatico. Most of all she loved the magic/spiritual space that's created during a performance. To further her search she began to look into Eastern methods. She studied Tai chi and I Chuan with Master Tung Kuo Tzao in Argentina and became a Taoist Minister with D.A.R.I. She also won several Tai Chi Chuan competitions in South America. She moved to the US in 2001 to serve the Taoist community and to further her practice. She studied with several Taoist Masters: Ron Diana, B.P. Chang, Dr. Stephen Chang and Master Mantak Chia.

Karin Sörvik is currently the Director of the Healing Tao Center and Tao Healing Arts School. Founder of the non-profit Healing Tao Society. She is a practitioner and counselor in Taoist Healing Practices. Practices include: Tao Yin (Taoist Yoga), Nutrition, Herbology, Meditation, Tai Chi, I Chuan, Chi Nei Tsang and Chi Kung Therapy. She has been teaching for the last 15 years in Europe, Latin America and the US.

Aaron Stiles, M.S.,L.A.c, L.M.T

Over the past 14 years Aaron has studied the healing arts of Medical Massage Therapy, Craniosacral Therapy, Zero Balancing, Tui-Na, Shiatsu, and Medical Qigong. Since 1998 he also has been practicing Chinese internal martial arts starting with Yang Family Tai Chi Chuan, then Liang Style Bagua Zhang, and now Shanxi Xing Yi Quan. Aaron received his Masters of Science in Acupuncture from Tri-State College of Acupuncture, his Bachelor of Fine Arts in Acting from Wright State University, and his Associates of Science in Massage Therapy from the Swedish Institute of College of Health Sciences.

Aaron has taught on faculty at the Swedish Institute College of Health Sciences and Pacific College of Oriental Medicine. He is a senior instructor of Liang Style Bagua Zhang and is currently studying to become an instructor of Shanxi Xing Yi Quan under Mr. Tom Bisio, L.Ac.. He has been trained by Dr. Lisa Van Ostrand in alliance with the International Institute of Medical Qigong to prescribe and practice the medical qigong methods recognized by the Xi Yuan Hospital (Beijing, China). Aaron has completed his Core Energetic Training in Zero Balancing with James McCormick, L.Ac., Cranio-sacral Therapy by the Upledger Institute, and Biodynamic Cranio-sacral training with Micheal Shea, PhD. Aaron has completed training and apprenticeship under Taoist minister and Universal Tao Senior Teacher, Karin Sorvik. He is certified as a Universal Tao Associate Instructor of the Inner Smile, 6 Healing Sounds, and Microcosmic Orbit Meditation, a Universal Tao Chi Nei Tsang I & II Practitioner and a Universal Tao Chi Nei Tsang I & II Teacher.

Aaron is licensed by New York State to practice acupuncture and its allied Chinese medical therapies as well as licensed to practice massage therapy. Currently, he is not only a full-time employee of Google, NYC as a Tui-Na massage therapist and Qigong teacher, but also co-owns an acupuncture clinic where he sees patients for a wide variety of concerns. Aaron teaches classes in Ba Gua Zhang and Taoist cultivation outdoors in upper Manhattan where he lives with his wife and two beautiful daughters.

Rene Navarro

Rene J. Navarro, is a licensed acupuncturist, herbalist, martial artist, Taoist teacher and poet. His poetry and essays have been published in the US, Europe and the Philippines. He has taught in four continents. He is a senior

student of Grandmaster Gin Soon Chu and a 6th generation practitioner of Classical Yang Family Tai Chi Chuan. He is a senior instructor of the Universal Healing Tao under Grandmaster Mantak Chia certified to teach Microcosmic Orbit, Tai chi Chi Kung, Healing Love, Chi Nei Tsang internal organs massage, Fusion of the 5 Elements and Kan and Li/internal alchemy. He lives in the foothills of the Appalachian Mountains, USA.

Comment from a student at the New England School of Acupuncture: "Rene is a powerful, gentle and magical being."

Andrew McCart

Andrew is a Senior Instructor of the Healing Tao Association of the Americas. Since 1999, Andrew has studied Taoism in depth with numerous teachers, including 12 Healing Tao Senior Instructors on three different continents. He holds black belts in three martial arts and has studied numerous other martial arts. He is a student of multiple healing modalities, including Chi Nei Tsang, Reiki, Acupressure, Cosmic Healing Chi Kung, and Medical Chi Kung.

Andrew is a professor of Organizational Leadership at Purdue University. He earned a Doctor of Philosophy from the School of Public Health and Information Sciences at the University of Louisville. His research focuses on workplace wellness and helping employers provide healthy environments for their team members. Andrew also has an MBA and B.S. in Business Administration from Indiana University. He lives in Indiana with his wife Deven and their Siberian Husky, Sugar.