

Taoyin & Tantien Qigong seminar Sat 2nd April 2022 in Oxford or Online



Taoyin

a Chinese answer to western physiotherapy to achieve a healthy structure in the back

The praxis of Taoyin consists of breathing- and stretching exercises, which will be performed in lying or sitting postures on the floor (modified option on a chair).

On one side the exercises bring inner strength and on the other, they will help to relax and let go completely inwardly at the same time. Taoyin empowers and relaxes the lower back. A sequence of easy to learn postures strengthen the tendons and the abdomen detoxifies the kidneys and activates a good energy and blood circulation. It will energize and relax the lumber area, the lower back and the psoas muscle.

Tantien Qigong

is the art of cultivating and condensing Qi in the lower abdomen, the fundamental power storehouse of the body. Known as the 'Ocean of Qi', this lower abdominal area holds the key to opening the body and mind for the free and continuous movement of energy.

With Tantien Qigong you can achieve inner balance, a strong "tantien" (centre, located in the lower abdomen) and a good structure in your body (well grounded, which you can take into daily life). These are all important ingredients for living a happy life. The techniques will open the "Kua" (groin area) and will bring Qi into the sacrum and hips and joints. Through the exercises you will be able to gather life force in the lower abdomen. This strengthens the "Tantien" (Original Force) tremendously. So one is able to gather and keep energy as well!

Saturday 2nd April 10am - 1pm 2pm - 4.30pm Incl. short morning and afternoon break

Tuition fee: \$135 paid until 1st Feb (**\$150** paid until after 21 March; after 21 March **\$170**)

A recording will be made and be able to be accessed for 2 weeks.

Venue: Oxford, Canterbury, New Zealand or online via zoom

Enrol me for the seminar **Taoyin/Tantien Qigong 2nd April** Tuition fee \$ _____
and I will pay in full or 50% _____ I will attend in Oxford or online via zoom

Eligibility: There is a cancellation fee of \$25 until 12th March; \$75 until 25th March. Thereafter the entire seminar fee is due.

Installment payment is available.

and I will pay the balance until 12th March \$ _____ Bank transfer: Tao Motion 38 9006 0298478 00 Kiwi Bank

I take responsibility for myself and I accept the conditions of participation

Name..... Street.....

Town..... Postcode.....

Phone..... E-Mail.....

Date Signature