



**Full class in CNT (Certification) individual teaching 20-23 hours  
included morning exercise 30,000 Baht.**

**2 days introduction courses in Chi Nei Tsang I (Abdominal Massage)**

**1 person 4,800.- Baht, 2 persons 6,600.- Baht (4 hours)**

**plus taxes, accommodation not included. Please ask for group reduction**

**Chi Nei Tsang (Abdominal massage) 2,200 Baht.- pro massage plus taxes**



### **Chi Nei Tsang (Second Brain: Abdominal Massage)**

Chi Nei Tsang is a Chinese term for an internal organ Chi massage which helps release stress and promotes healing by using techniques of massage directly over the navel and surrounding abdominal area where stress, tension and negative emotions accumulate and congest. In the West it was known as the second brain and the Taoist regard as the Tan Tien. If this area is knotted up, the whole energy of the body is blocked. When this occurs, all the vital energy functions strain slowly weakening the internal organs and decreasing energy.

Chi Nei Tsang massage quickly releases negative emotions, tensions and sicknesses, bringing comfort and relief to the abdomen and vital energy to the internal organs. Chi Nei Tsang is also effective in the treatment of digestive problems, such as irritable bowel syndrome and bloating and constipation. It eliminates toxins in the gastrointestinal tract and promotes lymphatic drainage.

### **A Method to Clear Blocked Energy**

Chi, the life-force energy, moves through the body's internal channels, nervous system, blood vessels, and lymph glands. These systems concentrate and cross paths in the abdomen which acts as their control center. Tensions, worries, and stresses of the day, month, or year accumulate there and are seldom dispersed. 'These disturbances can cause physical tangling and knotting of the nerves, blood vessels, and lymph nodes. The result is the gradual obstruction of energy circulation.

The ancient Taoists realized that negative emotions cause serious damage to one's health, impairing both physical and spiritual functions. They understood that each human emotion is an expression of energy and that certain emotions could indicate the negative energy behind many physical ailments. They also identified a specific cycle of relationships between the emotions and the organs. For example, the experience of a "knot" in one's stomach indicated the presence of worry, the negative emotion that accumulates in the stomach and spleen.

The Taoists discovered that most maladies could be healed once the underlying toxins and negative forces were released from the body. They developed the art of Chi Nei Tsang to recycle and transform negative energies that obstruct the internal organs and cause knots in the abdomen. Chi Nei Tsang clears out the toxins, bad emotions, and excessive heat or heat deficiencies-that cause the organs to dysfunction.



# Develop inner Beauty and outer Radiance

## Female Healing for body, mind and soul

2 days introduction course, 2 hours each day

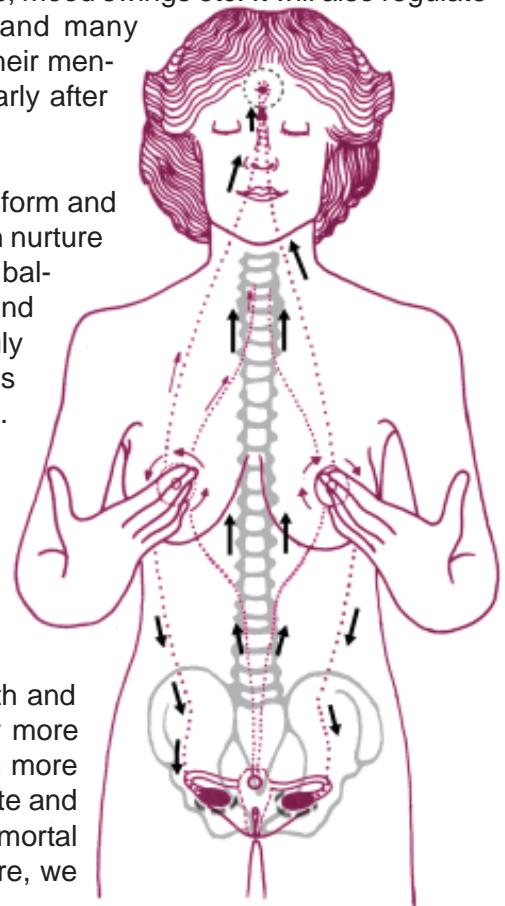
1 person 4,800.- Baht, 2 persons 6,600.- Baht, 3 persons 7,800.- Baht  
plus taxes (accommodation not included)



### What are the benefits?

The time tested Taoist female practices and meditations regulate the hormone production in the body, eliminating premenstrual symptoms such as feeling bloated, swelling of the breasts, mood swings etc. It will also regulate the bleeding during menstruation and many women have reported that they got their menstruation back when practicing regularly after many months of not menstruating.

Women are connected to the heart and we learn a way to transform and balance our emotions. When our emotions are balanced we can nurture love in the heart. When we find our center within we feel more balanced and centered and this will develop our inner Beauty and outer Radiance. Only when we can love ourselves we can truly love others. That is strengthening our self-esteem. The practices are likewise beneficial for women before or after menopause. We learn to stimulate estrogen in our ovaries and draw it into our body and brain so that menopause is becoming a normal transition without side effects.



### CHI is the Key to Attaining Good Health

The Taoist masters view Chi as the key to attaining good health and realize that good health enables us to condense and transfer more Chi to a higher grade of energy. This enables us to have even more Chi available to build up the energy body or soul body and create and nourish the most important thing in each of our lives, our immortal spirit, or spirit body. With our present rate of energy expenditure, we have no extra energy to accomplish this.

In the health field today there are many methods available to help us increase life-force (Chi), such as massage, acupressure, shiatsu, jin shin do, jin shin jyutsu, tai chi chuan, chi kung, health food, herbs, meditation, yoga etc. However it is the Taoist Masters' view that the most abundant and easiest energy that can be transformed into Chi and a higher grade of energy is sexual energy. In the Female Healing retreat we learn a way to recycle sexual energy and store it, but it is most important to transform it first into Chi and then spiritual energy.

PS: It is very recommended to attend the morning and evening sessions offered at the Thai Chi field and Lao Tzu meditation hall every day.