

## Chi Nei Tsang Full Training Program May 2016-June 2017

After following all the workshops bellow, presenting the required case studies and testing, you'll become a Chi Nei Tsang Practitioner Levels I & II recognized by the HTIA and UHT.  
Ready to start your own practice.



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

**Chi Nei Tsang I** May 28-30 2016, 9am - 6pm  
Organ Massage: Activating the wheel of life

**Tao Basics Part I** September 17-18 2016, 10am – 6pm  
(Tao Yin, Inner Smile, Six healing Sounds)

**Chi Nei Tsang II** October 8-10 2016, 9am - 6pm  
Opening the wind gates, riding the pulse

**Tao Basics Part II** November 12-13 2016, 10 am – 6pm  
(Chi self-massage, Standing, Microcosmic Orbit)

**Practice day I** December 10 2016, 10am – 5pm

**Chi Nei Tsang I** deepening. February 18-20 2017, 9am – 6pm

**Tao Advanced I** March 18-19 2017, 10am -6pm  
(Buddha Palm, Healing Love)

**Tao Advanced II** April 22-23 2017, 10am – 6pm  
(Iron Shirt, Fusion I)

**Chi Nei Tsang II** deepening. May 27-29 2017, 9am – 6pm

**Practice day II** June 10 2017, 10am – 5pm

**Total hours: 176 hrs.**

**Full Tuition \$4400**

Early registration Until March 28 2016 \$4000

This includes free Videos and learning material. Extended payment offered

Deposit to hold your space \$ 400 [pay here](#)

Location 1 Union Sq W Suite 715 NY, NY 10003

Any questions and for full description of the training e mail [info@taohealing.com](mailto:info@taohealing.com)

# 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.com. President of the HTIA and member of the Council of 9 of the UHT Foundation. 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. Teaching for the last 10 years in Europe, Latin America and the US.