

Healing Tao University 2007

North Carolina's magical Heavenly Mountain Retreat

Week 3

JUNE 29-JULY 4 (Fri.-Wed.)

3a. Fusion of Five Elements 1, 2, 3

**Instructor Certification Course*

Learn this central Taoist Inner Alchemy teaching. Harmonize your internal chi, and neutralize negative destructive emotions - the heart of spiritual work. Result? Improved energy, release of deep stress, peace. Learn to purify chi, deepen five elements work and open the 8 Extraordinary (Psychic) Channels. Circulate higher frequencies of positive chi, raising vibratory level of your entire system and form a pearl. This powerful mind training may open psychic and healing energies. It clears a path to higher consciousness and self-transformation. **Masahiro Ouchi**

3b. Iron Shirt Qigong & Bone Marrow Neigong

**Instructor Certification Course. Weekend Option*

Powerful internal & external chi kung practices useful in martial arts, healing, and meditation. Iron Shirt develops a flexible, "steel-like" body, strengthening and packing chi into the tendons, ligaments, and muscles. We then "cleanse the bone marrow" and use internal power to improve blood quality and sexual energy. Both boost immune system health create as feeling of extraordinary strength and vitality. Fusion 1 included to balance and clear emotions. **Marie Favorito**



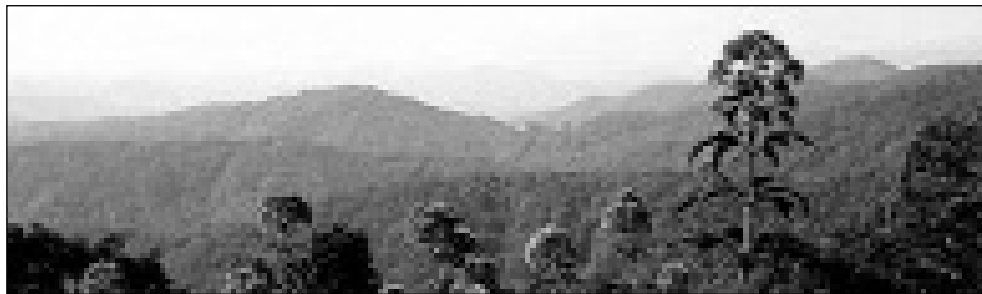
Robert Peng, qigong healer

3c. Art of Qigong Healing Intensive

Open to all levels, self-healers & energy workers.

Internationally successful qigong healer with "electric spark" chi ability shares his hands-on secrets. Develop your energy healing ability quickly using three tracks: 1) Build inner power of body, to ensure health & activate our destiny. May entail unusual feats using chi. 2) Clear our mind so we can focus intuitively on healing. For this, we must cultivate our subtle energy body. 3) Cultivate a loving, enlightened spirit via meditation. Tools include activating the Four Golden Wheels, 8 Cycles moving qigong, Orbit, circulate Elixir light meditation, steam purifying mist in lower cauldron, Sword Finger and Magic Palm, and how to empower healing water. How to open the Central Meridian and clear the aura and halo. See website for details.

Robert Peng



Healing Tao Retreats has moved from the Catskills to Heavenly Mountain, near Blowing Rock, North Carolina. Famous for spectacular views & Native American history, and near the Blue Ridge Parkway, America's most beautiful drive. A former luxurious TM Center with 1000 people meditating full time for peace, it's now a healing resort. The natural chi is pristine and powerful, a perfect place for quiet and deep energy work.

Week 1

JUNE 16-21 (Sat.-Thur.)

1a. Tao Yoga & DNA/Immune Qigong

**Instructor Certification Course*

Come experience Mantak Chia's powerful energy as he awakens new self-healing abilities in you. These sophisticated medical chi kung and Chinese yogic techniques work quickly and safely. Open to students of all levels. A rare opportunity to study in depth with a master sharing 40 years of working with chi. The ONLY residential USA retreat with Mantak Chia. Learn to absorb specific frequencies of chi from Nature that changes your genetic and cellular level.

Simple qigong (chi kung) breathing builds your immune system, prevents and heals chronic illness. You get strong enough internally to fight off diseases that would kill others. Tao Yin builds inner strength and outer flexibility. Like yoga, lying or sitting postures stretch psoas & other muscles, but with clear emphasis on energy. Feel the chi flow as you relax! If you like yoga, you'll love Tao Yin! Don't miss this life-changing experience! Goes well with Qigong Fundamentals week 2.

Mantak Chia



Mantak Chia, founder, Healing Tao Chi System

1b. Healing Tao Instructors Meeting

June 21-22 Summer Solstice Celebration

Open to anyone interested in becoming a Tao instructor. We laugh, play, share our experience of cultivating the chi field with friends & students. We hang out with Mantak Chia in whatever courses he is teaching. Special training in how to build a successful business teaching Tao. "Solstice Ceremony on Thursday June 21. No extra charge if attending retreats before or after. Current instructors - call for special discounts.

Certification requirements: www.Healing-Tao.org

Week 2

JUNE 22-27 (Fri.-Wed.)

Or weekend option June 22-24

2a. Qigong Fundamentals: Levels 1 to 4

**Associate Instructor Certification*

Open to all, beginners and up. Tao Basics: Inner Smile, Six Healing Sounds, & Microcosmic Orbit lay the foundation for a lifetime of clear chi flow and radiant health. Learn how to talk to your vital organ spirits. Supercharge your belly-dan tien with powerful "empty force" internal chi breathing - done anywhere, standing, sitting, lying. Deep bone marrow breathing and rooting. Learn top chi kung: Five Animals, Open Chi Flow in Orbit, 5 Standing Postures to open core body channels. For yogis, dancers, meditators, anyone seeking grounding or to heal chronic illness. **Michael Winn**

2b. Qigong + Spiritual Astrology:

Realize Your True Destiny

HTU Instructor Certification

How to use Taoist Astrology, Medical Qigong, Nutrition and Feng Shui to obtain optimal health. No previous knowledge required - suitable for practitioners or professional healers (CEU's given). Learn Medical Four Pillars Astrology (Heavenly stems & Earthly branches) to make a Five Elements health diagnosis. Create a health program incorporating qigong, diet, and feng shui. Medical qigong for the 5 vital organs plus Longevity Qi Gong will get your chi glowing. Correct diet plus Feng shui techniques for landscape and interior design offer preventative and curative strategies to boost immune system and heal chronic illness. Each person gets a free reading of their astrology chart (\$100 value) and advice on their personal program.

Dr. David Twicken, DOM, L.Ac.

Week 4

JULY 6-11 (Fri.-Wed.)

4a. Healing Love: Taoist Sexology for Health & Bliss

**Instructor Certification Course*

Couples welcome, but no partner needed. Secrets of managing male & female sexual chi so it flows into spiritual channels in the body. Tap sexual energy to improve bodily health and supercharge personal creativity and meditation. Can heal PMS, sexual frustration & various dysfunctions. Secrets of semen retention for men. Jade egg for women strengthens vagina & pelvic floor. Deep womb meditation to release yin issues. How to open up subtle body sexual communication with your partner, go beyond physical sex. Special powerful chi kung to strengthen the practices. Pre-req: Chi Kung Fundamentals 1 & 2, live or Audio course. Teachers each have 20+ years partner experience.

Michael Winn and Minke de Vos

4b. Tai Chi Chi Kung Effortless Flow of Chi Power Weekend option July 6-8

**Instructor Certification course*

Open to all, beginner or advanced. Learn the best short Tai Chi form ever designed: 8 postures, 5 directions, with unique spirals gracefully flowing left and right. Captures the essence of all Tai Chi, adds poise and greatly improves health. The secret practice form of the original Yang family in China. Learn the inner structure of chi flow, breathing with total mind-body awareness. Refine your Tai Chi with superb details and personal hands on attention - rooting, dan tien centering, expansion & contraction and mindful choice.

Marie Favorito

4c. Energy Medicine + Energy Psychology = Self Healing

A unique Self-Healing Intensive with the best cutting edge tools from Energy Medicine and Energy Psychology. Work directly with your vital energy systems - meridians, chakras, and aura. A daily routine will re-establish your natural flow of energies. These methods are self-administered, quick, and effective. Learn the difference between thoughts and feelings. Discover and reverse limiting beliefs and clear blockages. Map and zap patterns that interfere with achieving goals. Unlock the energy held hostage by past trauma. Achieve your goals for vibrant health, prosperity, relationships and career. Engage in a powerful group dynamic while doing deep inner emotional work with a highly experienced guide. Enrollment limited to ten people to ensure personal attention.

Judith Poole



Enjoy taking a dip between classes.

"I love these retreats. They were a turning point in my health and inner life. Thank you, Healing Tao!"
-Alice D., architect

4d. Taoist Yoga (Tao Yin) & Taoist Dream Practice

**Tao Yin Instructor Certification Course*

weekend option July 6-8

If you like yoga, you'll love Tao-Yin. Many find it simpler yet energetically more powerful than other yoga styles. Lying and sitting postures relax, open up and heal the body. Tao Yin is the ancient, original form of qigong. It stretches the psoas, loosens the lumbar, and activates the dantian. Combines chi channels with movements. Morning: standing practice strengthens our root into the earth. Rest periods & evenings: we learn Taoist dream practice, a fun, easy, personal, intuitive technique. It adds deep insight to meditation, qigong, and daily life. We will explore the spirituality and deep emotions of dreams to quickly achieve self-realization. Bring a pillow & mat. Open to everyone, no prerequisites.

Karin Sorvik

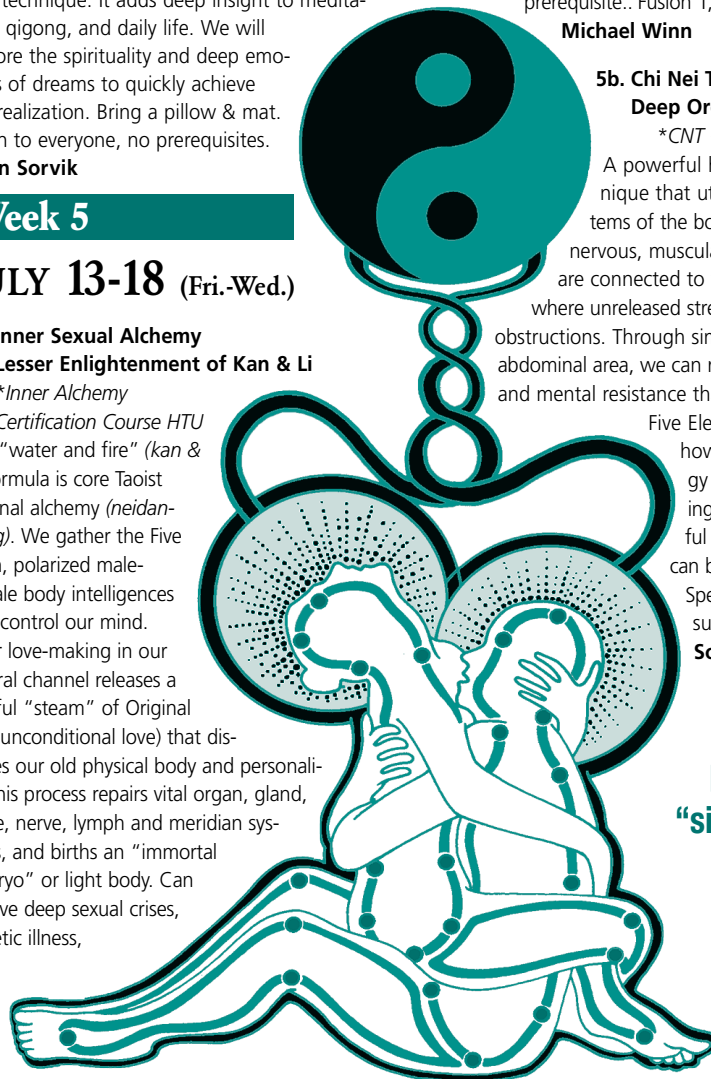
Week 5

JULY 13-18 (Fri.-Wed.)

5a. Inner Sexual Alchemy Lesser Enlightenment of Kan & Li

**Inner Alchemy Certification Course HTU*

This "water and fire" (*kan & li*) formula is core Taoist internal alchemy (*neidan-gong*). We gather the Five Shen, polarized male-female body intelligences that control our mind. Their love-making in our central channel releases a blissful "steam" of Original Chi (unconditional love) that dissolves our old physical body and personality. This process repairs vital organ, gland, spine, nerve, lymph and meridian systems, and births an "immortal embryo" or light body. Can resolve deep sexual crises, genetic illness,



Chi Nei Tsang Deep Organ Massage magically "melts" belly tension.

body-mind splits, recover "lost" soul fragments. Plus Gods Playing In Original Cauldron nei kung. prerequisite.: Fusion 1, 2.

Michael Winn

5b. Chi Nei Tsang 1: Deep Organ Chi Massage

**CNT Certification Course*

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. Special Chi Kung training to support the practice. **Karin Sorvik**

Sexual chi practice can be "single" (internal) or "dual" (with partner.)

I had asthma problems. I tried doctors, yoga, etc. nothing helped. I took Chi Kung Fundamentals from Michael Winn. The guy got me laughing and moving and breathing like I never had before. He was great. I just forgot about my asthma, and it started to disappear like magic! Later, I taught my mother the Six Healing Sounds. She is pushing 75. It boosted her like a rocket, and her pains went away. Amazing stuff! Powerful!!!!
— M. Carruthers, N.J.



6000 lb amethyst, world's largest, is a favorite of meditators at Heavenly Mountain.

5c. Happy & Healthy Heart Qigong
weekend option July 13-15

Cultivate a Happy, Healthy Heart! Does your heart feel wounded or raw? Transform life's disappointments by listening your heart's yearning and opening to love. Support the health of your whole mind-heart-body with meditation and sexual energy. Strengthen your Cardio with Chi Kung Walking. Connect with the vast, wise Universal Heart. Grow compassion and celebrate the joy of life! Minke's remarkable recovery from divorce, life-threatening crisis and heart transplant taught her first hand the healing power of Tao practices.

Minke de Vos

Week 6

JULY 20-25 (Fri.-Wed.)

6a. Chi Nei Tsang 2
& Advanced Oriental Healing Methods
*CNT Certification Course

Learn to create a hands-on clinical healing Qi field – a healing journey in itself. We'll be immersed in advanced healing modalities, combined with Chi Nei Tsang, Empty-Force and Vibratory Qigong, Root & Branch diagnostics of oriental medicine, with therapeutics, treatment protocols, meridian energetics, organ functions and pathology, and releases will be taught. Covers the treatment process: initial interview, manipulation of the organs, medical qigong, acupoints, symptomatic treatments, and follow-up self-healing exercises. Learn techniques from Chinese and Thai masters gathered over a lifetime. They are gentle, non-invasive, effective, easy and compassionate.

Karin Sorvik

6b. BaGua Zhang 8 Palms & Circle Walking
*BaGua Associate Certification HTU

The spiraling art of Ba Gua Zhang is famous for health as well as a graceful and dynamic internal art. The goal is to have your body become a living human embodiment of the I Ching, The inner art of Ba Gua is to recognize and manipulate basic change patterns that arise in life and to be able to move through life's changes. This makes it a kind of shamanic dance in which the adept moves through the eight major archetypes of change. It develops great centeredness as well as spontaneity. We use the continuous movement Beijing Bodyguards approach. It includes the I

Ching Postures of Eight Energies Circle Walking and the simple foundation set of The Old Eight Palms and the Eight Ba Gua Zhang Movements Qigong Set, Tracks: beginner to advanced, so all levels are welcome. **Frank Allen**

6c. Classical Wu Style Tai Chi #1
Tai Chi Certification Course HTU*
(*Healing Tao University)

Weekend option July 20-22

Tracks for beginners & advanced. How to build internal energy and discover true Yin and Yang power. The Northern Wu tai chi form is rarely taught in the West. It focuses more on internal chi flow than other styles. Developed by a Chinese imperial guard and master martial artist who refined the Yang form to increase its internal power. It keeps the "large frame" of Old Yang style. Tai Chi principles and the first half of form taught in Week 1 - perfect in itself as a medium length form. This form demands the highest level of training which internal martial artists strive for. Get Tina's book in advance. **Tina Zhang**

6d. Sun – Moon Alchemy
Greatest Enlightenment of Kan & Li
*Inner Alchemy Certification Course HTU

Expands "water and fire" (kan & li) formula to dissolve the boundaries between our skin and the world. Learn to talk to the Earth's energy body, tone Spirits of the Five Directions, break through fear of the dark side and assist earth changes. Absorb and couple Sun and Moon power in the solar plexus cauldron. Mix and digest greater yin & yang essences of volcanic fire, ocean, trees & flowers, collective human forces. Birth your Immortal Child, play with power animals, learn dream practices. Develops inner compassion for all beings. Plus Primordial Chi Kung, 600 year old lineage form. prerequisite.: Lesser Kan & Li. **Michael Winn**

Week 7

JULY 27-AUG 1 (Fri.-Wed.)

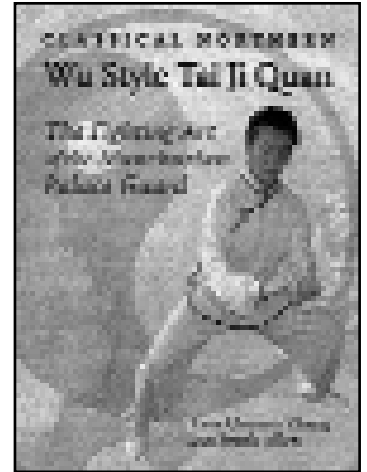
7a. Tao Basics & Healing Love
weekend option July 27-29

Open to all. Get a firm foundation in Healing Tao Basic practices - Six Healing Sounds, Inner Smile, Microcosmic Orbit Meditation, Healing Love, and simple Chi Kung. We cultivate chi and explore its role in

"Frank Allen spent 33 years mastering Tao movement & meditation arts. I'm amazed how much he openly shared in one week!"
- R.N, NYC



Frank Allen moves some Earth chi using Bagua.



Tina Zhang's hot new Tai Chi book.

developing awareness and becoming present. Learn to integrate these practices in daily life, achieving greater health and a renewed sense of vitality. These practices are simple, effective, and easy to learn but can be refined and utilized over a lifetime. See pg. 3 full description. **Karin Sorvik**

7b. Classical Cheng Style Dragon Ba Gua & Soft Hands

*Bagua Instructor Certification Course HTU

Learn the tradition of Classical Cheng Style Ba Gua Zhang which lengthens the tissues while strengthening the body and infusing it with Qi. The curriculum is rounded out with an introduction to Ba Gua's Soft Hands, an exercise that teaches the interplay of two people's energies. Enjoy as part of the foundation training one of the oldest and most widely practiced Chinese Energy Exercises, the Eight Pieces of Brocade Qigong Set, which is also based on the I Ching. This is a rigorous training and completion of the first week is a pre-requisite unless permission of the instructor is obtained. **Frank Allen**

7c. Classical Wu Style Tai Chi #2
Tai Chi Certification Course HTU

Review Week 1 and finish the long form. Deepen our internal energy practices. Focus on rooting, lengthening, combining of softness and hardness, and learning martial applications of the Northern Wu form. Teacher training for those qualified. **Tina Zhang**

7d. Planet & Soul Alchemy:

Greatest Enlightenment of Kan & Li

**Inner Alchemy Certification Course HTU*

Takes Kan & Li process into our Third Heart, the inner space of our soul beyond physical & emotional heart. Couple and dissolve the hidden Sun-Earth polarity, tone and fuse the Five Planetary Powers in the heart cauldron. This opens a direct inner relationship with the Solar Being. Heal your genetic code (ancestral chi), overcome fear of death, shape shift your karmic soul patterns. Attunes chi body with cosmic spirit body. Learn to listen to the Music of the Spheres. Plus advanced Primordial Chi Kung. prerequisite.: Sun-Moon Alchemy. **Michael Winn**

Week 8

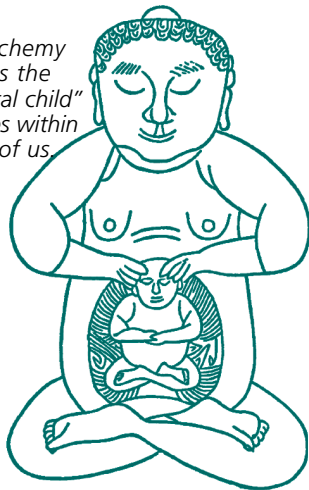
AUG 3-AUG 8 (Fri.-Wed.)
Weekend option Aug. 3-5 (except 8b.)

8a. Earth Energy Qigong for Womens' Health

**HTU Certification Course*

A special medical Qigong that helps women to cultivate the Earth chi naturally existing in female bodies. Perfected over 1700 years by Taoists, medical doctors and Qigong experts to feed the needs of a woman's unique anatomy. It moves blood and generates female chi in the vital organs with very gentle, easy-to-learn, graceful movements. Improved pelvic health helps to balance emotions and hormones, dissolving PMS and menopause problems. It also promotes anti-aging and healthy weight control without drugs. Open to women of all ages & physical abilities. Valuable for self-healing seekers and professionals. **Tina Zhang**

Tao alchemy births the "immortal child" that lives within each of us



8b. Bagua Zhang as Balanced Play: Two Person Palm Changes

**Bagua Instructor Certification Course HTU*

Experience the interplay of balanced change in Bagua's rare Two Person Set. Learn playful, flowing interaction of energetic patterns of the I Ching trigrams through physical practice of two person form. This practice is amazingly energizing and transformative. We'll first learn basic Combined Palm Changes of late Master B. P. Chan, which leads into the interactive two person style. Chan's beautiful and energizing Dao Ten Qi Gong Set will be used as morning warm ups. This retreat is open to all students interested in the art of Ba Gua. Also serves as "Ba Gua Senior Instructor Certification" to students who hold "Asst. Instructor" and "Instructor Certification". **Frank Allen**



Dr. Wang Yan leads a fun weight loss chi kung walk to strengthen kidneys.

8c. Zen Qigong & Being in the Moment

Meditation as Non-Doing:

How to achieve simplicity in your life. Let go easily of Monkey Mind using a deeply relaxing belly-breathing method. Integrate Taoist qigong, yoga postures, and Zen meditation into the practice of simply "Being in the Moment". We'll strip away stress and illusion to make "Tao" and "Original Spirit" a concrete reality. Emphasis on sitting meditation & the power of "not-doing", keeping the mind still while the body moves -- Zen Qigong. Suitable for those who believe they can NOT meditate. Final day spent in total Silence.

Rob Renahan

8d. Weight Loss & Medical Qigong

(For Self-healers or Professionals)

This incredible method of losing weight is healthy and natural. It replaces eating food with eating "chi" during periods of reduced food intake, which resets body metabolism. Instead of drugs, diet, or exercise, you rely mostly on rhythmic contractions of the stomach and special internal breathing techniques 3x daily. Dr. Wang evaluates the medical cause of overweight condition for each person. She has treated over 13,000. people in Europe, with average weight loss of 6 to 10 lbs. the first week. Many cases safely & steadily lost up to hundreds of pounds. Chi kung for "Stay Young and

"I wasted two years chasing doctors and diets, with no weight loss. After four days with Dr. Wang Yan, I lost 9 lbs..!"

– M. de Marco, Maryland

Beautiful" and trimming buttocks and belly are taught to stabilize weight loss.

Dr. Wang Yan's job in China was to collect healing secrets from chi kung masters and compile it into a medical encyclopedia. Today she is "a walking encyclopedia of healing", honored as one of the "Top 100 Doctors in China". She shares marvelous chi kung techniques to cure migraines, insomnia, high blood pressure; improve eye vision, stop flu, & defeat cancer. Tuition is \$100. higher. Solar Initiation Ceremony optional \$100. **Dr. Wang Yan**



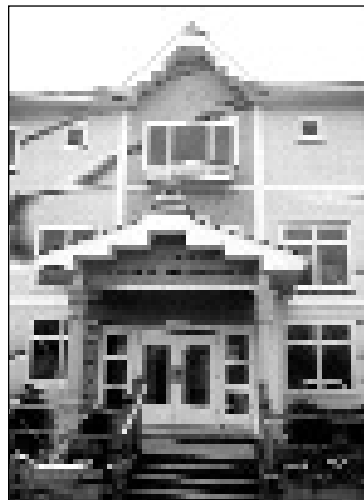
Taoist plays his flute in Green Goat Temple, China.

May 18 – June 3, 2007

18-Day China Dream Trip 2007

Taoist Sacred Mountains

This trip delivers China as a spiritual experience. The 2006 Dream Trip was a life-changing experience for everyone. We do qigong and meditate in three beautiful sacred Taoist mountains, live in monasteries with Taoist monks & nuns. Climb on breathtaking famous Mt. Huashan and retreat on gentle Mt. Azure, Taoism's oldest sacred mountain. Mt. Emei is a famous majestic peak with dozens of temples and wild monkeys. Plus cultural highlights: Terra Cotta Army, Great Wall, Forbidden City, amazing Sichuan theatre. Last minute signups accepted. See website for itinerary & pricing. Led by veteran of ten China trips. **Michael Winn**



Beautiful Vedic architecture at Heavenly Mtn. residential hall.