



MODULE TFH

« Tao of the Feminine & Masculine »

(4-day module × 5 hours/day = 20 hours of training)

DESCRIPTION :

This training offers a specialization in traditional methods aimed at awakening, channeling, and harmonizing vital energy in both women and men. Through a progressive program combining theory and practice, it provides an in-depth understanding of the anatomical, physiological, and energetic dimensions unique to each individual. This training enables participants to acquire the skills needed to support women, men, and couples in a personalized way.

TARGET AUDIENCE :

Designed for professionals in health, sports, therapy, and well-being, as well as anyone wishing to acquire tools to optimize vital energy.

BENEFITS OF THE TRAINING :

- An in-depth understanding of the anatomical, physiological, and energetic functions specific to women and men
- A comprehensive method for supporting the major life cycles of both feminine and masculine paths
- Practical tools to overcome common challenges and optimize vital energy
- Effective techniques to improve the management, mastery, and balance of overall vitality
- Structured practice protocols for both self-practice and guided support, suitable for individuals and couples

- **LEVEL:** All levels : **Prerequisites:** None required (recommended module: MF1 – Tao Basics)
 - Suitable for professionals in women's health (midwives, gynecologists, nurses, physiotherapists, etc.)
 - Participants should be physically and mentally able to engage in breathing and energy practices

EDUCATIONAL CONTENT : Introduction to Taoist practices specific to women and men.

Important: each participant integrates the content individually. No partner-based practices are carried out during the training.

This module is structured around the following core competencies:

1. **Morning Awakening**
Grounding and structuring body exercises to begin the day with vitality.
2. **Functional Anatomy**
Understanding the key mechanisms of the female and male body.
3. **Tao Yoga**
Floor-based postural strengthening to develop stability, fluidity, and body awareness.
4. **Vitality Qi Gong**
Techniques to circulate vital energy (Qi) through the body's main channels.
5. **Energetic Self-Massage**
Stimulation of key points to harmonize and revitalize the body.
6. **Individual and Couple Support Tools**
Integration of practices to apply individually or within a couple.
7. **Evening Practices**
Emotional balancing exercises promoting deep, restful sleep.

LEARNING OBJECTIVES :

Development of skills in Tao of the Feminine and Tao of the Masculine

- Identify the foundational knowledge and specialized practices for women and men
- Apply anatomical awakening tools and supportive techniques
- Experience practices focused on energy channeling
- Recognize and integrate the learning from the practices
- Use vitality-enhancing tools applicable in both professional and personal life

At the end of the training, participants will be able to:

- Practice a sequence of Morning Awakening body exercises
- Use anatomical awakening and energy circulation practices to develop vital balance in both women and men
- Better support, prevent, and sustain feminine and masculine vitality on a daily basis
- Acquire the required skills to access further trainings and/or begin a certification pathway with the Tao de la Vitalité® school

TECHNIQUES, METHODS AND TEACHING APPROACHES :

The teaching approach combines theoretical instruction with simultaneous practical application, promoting transmission through a comprehensive and progressive dynamic. It follows an inductive method (self-discovery), fostering learning and supporting each participant's individual development.

- Clear presentations and guided demonstrations
- Personalized adjustments and posture corrections
- Q&A sessions and group discussions
- Study in small groups, pairs, and individually
- Supervised practical sessions in small groups with the instructor and senior assistants
- Daily feedback and sharing of theoretical and practical experiences

TEACHING MATERIALS :

- *Tao of Healing Love* training manual, richly illustrated with exercises and explanations (PDF version included)
- Course handbook
- Anatomical models
- Paperboard diagrams and slideshow presentations supporting technical instruction
- Thematic educational videos to prepare, support, and reinforce skill acquisition + online review workshops

TECHNICAL RESOURCES :

- Practical sessions in a dedicated training space, as well as outdoor exercises in a natural setting
- Floor mats, training balls, vitality sticks, anatomical models
- Video projector and PowerPoint presentations

INSTRUCTORS :

AISHA SIEBURTH, Senior Instructor II UHTS, founder and lead trainer of the Tao de la Vitalité® school, supported by certified assistants.

DETAILED TRAINING PROGRAM

Tao of the Feminine & Masculine

Day 1 – Introduction to Tao of the Feminine and Masculine: Grounding the 5 Pelvic Zones

- Morning Awakening: warm-up with stretching, breathing, and grounding exercises
- Introduction: framework, safety guidelines, regulations, and program overview
- Pelvic anatomy: identifying key perineal zones using training balls
- Vitality Qi Gong: techniques for circulating vital energy in the pelvic area
- Evening practices: emotional balancing for restorative sleep

Day 2 – Tao Practices for Women and Men: Full Breathing and Hormonal Balance

- Morning Awakening: grounding and full breathing exercises
- Anatomical knowledge: the 4 diaphragms and upper/lower body connection through breath
- Nine Flower Qi Gong: movements to activate and balance hormonal glands
- Evening practices: emotional balancing for restorative sleep

Day 3 – Tao Practices: Energy Circulation in the Orbit

- Morning Awakening: stretching and breathing along the spine
- Anatomical awareness: spinal activation using training balls
- Orbit Qi Gong: activation of the 8 “pumps” of the spine
- Women’s workshop: introduction to the jade egg for pelvic vitality
- Men’s workshop: review and integration of orbit circulation
- Evening practices: emotional transformation for restorative sleep

Day 4 – Integration of Practices: Managing Feminine and Masculine Vitality

Program review:

- Morning Awakening: integrative body sequence
- Integration: reflexology links, stretching, and vital wave breathing
- Assessment of learning: program review
- Q&A session and evaluation questionnaire

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ASSESSMENT METHODS & CERTIFICATION

Pre-training assessment:

Evaluation of participants' level, expectations, and needs collected through the registration form.

Ongoing assessment:

Q&A sessions after exercises, with dedicated time for discussion to address any difficulties and assess the integration of practices.

- Trainers and qualified assistants provide individual guidance, support, and corrections, with constructive feedback on progress and areas for improvement
- Partner or small group exercises to test grounding through applied pressure on body structure in each posture

Final assessment:

Disciplines evaluated: Tao practices for Women, Men & Couples (duration: 1 hour)

Participants complete a training review to assess their level of understanding and integration of the material. Group discussions allow participants to express what they have learned and identify areas for further development.

Immediate post-training evaluation ("hot"):

A satisfaction and evaluation questionnaire completed on-site, covering organization, quality of teaching, trainers' pedagogy, methods, materials, environment, and overall support.

Follow-up evaluation ("cold"):

An evaluation questionnaire sent 10–15 days after the training to measure retained skills, level of practice, motivation, integration into daily life, and any challenges encountered.

Certification:

A certificate of completion is issued upon receipt of the follow-up evaluation questionnaire.

TRAINING ORGANIZATION DETAILS

Total training hours:

4-day module × 5 hours per day
= 20 hours of training

Schedule:

8:00/9:00 AM, 10:00 AM–1:00 PM, and 8:00–9:00 PM

Number of participants:

10 to 20 trainees

Dates and locations:

Multiple dates and locations available – details on the website:
www.taodelavitalite.org

TARGET AUDIENCE

- Open to all, from beginners to advanced levels
- Professionals from paramedical, educational, artistic, personal services, human resources, and related fields seeking to enhance their skills
- Individuals wishing to pursue a career change or social integration, to develop professional abilities and/or strengthen their vitality
- Anyone wishing to follow a professional training path to become an instructor in Tao de la Vitalité®

ACCESSIBILITY (RQTH)

Accessibility for people with disabilities:

We are attentive to both visible and invisible disabilities requiring special consideration. Please contact our Accessibility Coordinator so we can address your specific needs.

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All participants are required to comply with the internal regulations of the school and hosting organizations.