

Winter Workshop : Tao of Vitaity and Medical Qi Gong presents

“Dynamic Five Animal Flow Qi Gong and Taoist Inner Alchemy ” Training level 1

DECEMBRE 28 - JANUARY 5 2017

Avec Aisha SIEBURTH et Tevia FENG



Cultivate your energy resources for modern day living - Open to all levels !

In the heart of Tao Garden, Thailand, return to the source of ancestral energy medicine that harmonizes physical, emotional and spiritual health. We begin by relaxing the body and strengthening internal structure, awakening vital energy channels using Taoist Yoga as well as Nei Gong energy meditations that reconnect the spirit, breath and body from within. "The Three Treasures" cultivate emotional balance in the center of the body where negative and positive emotions are recycled into vital energy. Here, we can gather the Water of life - Jing Chi - to begin Internal Alchemy, transforming original sexual essence into healing energy for health and spiritual consciousness.

A 9 day experiential voyage of inner transformation, exploring the dynamic movement of Yin & Yang in synergy with the 5 Elements and Animals :

Dynamic Five Animal Flow- Wu Qin Xi Complete Medical Qigong System is the most ancient moving qigong system created by the famous Daoist Chinese Medicine practitioner, Hua Tou (110-207 A.D.) known to have received this practice from Daoist hermits living in a cave on Mount Gong Yi. The five animals are the fierce and untamed Tiger, the graceful Deer, the steady and lumbering Bear, the agile Monkey and the flying Crane. Each set of qigong exercises expresses not only the power and playfulness but also the attitude and spirit of each animal. The complete system develops grace and flexibility, strength and balance and promotes the circulation of qi. These Five Animals correspond to the Five Elements of Chinese Medicine, designed by Hua Tou as preventative and prescriptive exercises for the internal organs as follows :

- **Metal/ Lungs - Tiger :**

Opening the body, breath and open the body with deep chi gong stretches regenerating the internal fluids and cellular vibration

- **Earth/Bear - Spleen :**

Rooting the body, soul and spirit - establishing Earth and Heaven Relationship strengthening the body with deep, spiraling movements restoring the inner rhythms of the body

- **Water/Deer- Kidneys & Bladder :**

Internal Alchemy: sourcing primordial Jing energy to transform and cultivate nectar to nourish deep healing, regenerate our vital organs and glands

- **Wood/Monkey- Liver :**

Stretching the tendon meridians to rediscover grace, fluidity of movement in the natural flow of our body

- **Fire/Crane - Heart :**

Opening the Heart and balancing the roots and the wings of the soul. Awakening the sacred fire of transformation.

PROGRAM : Taught in English translated into French

08h00 Breakfast / **9h30** Qi Gong Study and practice

12h30 Lunch and personal time to enjoy the spa, massage and detox treatments, pool, visits, personal practice...

15h30 Qi Gong and Internal Alchemy practice / **18h00** Dinner

*Tao Garden guests receive a complementary morning and evening class taught by Tao Garden staff.

Workshop Instruction Rates : 9 Days Retreat: 880 \$US / 760€ (not including room and board)

Contact and Registration Payments :

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Guest rates and on line booking for room and board at Tao Garden : <http://tao-garden.com/reservations-rates/>

www.taodelavitalite.org