



UNIVERSAL HEALING TAO® System

UHT Chi Nei Tsang® I - Case Study Form

for becoming a UHT Cosmic Healing I Practitioner/Teacher

274/1 Moo.7, Luang Nua, Doi Saket, Chiang Mai 50220, Thailand

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Content

UHT Agreement

UHT Case Study Form UHT Chi Nei Tsang® I Englisch

UHT Case Study Form UHT Chi Nei Tsang® I French.



UNIVERSAL HEALING TAO®

Agreement for

(Type in Qigong/Associate/Certified Instructor/Practitioner)



Dear

Congratulations on having completed the necessary requirements for being certified and joining the UHT SYSTEM®. The highest standard of ethical and moral conduct is required for certification as an UHT Instructor/Practitioner. Upon receiving the certificate as a UHT Instructor/Practitioner, issued by UNIVERSAL HEALING TAO® Network Asia and handed to me by Grandmaster Chia and/or an UHT Inner Alchemy Senior Instructor. I will be aware of the listed terms and conditions of certification and ethics as described below.

Please read carefully, type in your name and sign on the line below to indicate that you understand and agree to all the terms and conditions.

I Terms and Conditions of Certification

1. I am maintaining an updated body of knowledge regarding UNIVERSAL HEALING TAO® practices
2. I am only allowed to teach the practices in which I am certified, printed in my UHT Certificate and shown in our global UHT Instructor-Directory
3. Giving credit and respect to all promotion materials produced by UHT System and Grandmaster Mantak Chia

II Entitlements

1. As a certified UHT Instructor/Practitioner you are entitled to use the UNIVERSAL HEALING TAO® name and logos to promote your instruction. Any commercial products (such as books, booklets, videos, tapes, or CDs) based upon UNIVERSAL HEALING TAO® tenets and/or practices that you produce & market are subject to a contract with and from the UNIVERSAL HEALING TAO Center.
2. You are given the appropriate instructor status and certification keys in the UHT SYSTEM and the global UHT Instructor-Directory.
3. Upon receiving the certificate I am entitled to benefits, discounts etc. For this purpose I receive personal instruction and a special list.

III Commitments

1. Membership in the Continental UNIVERSAL HEALING TAO® Network and conformity to their rules and regulations is a requirement for certification. A member must maintain good standing with regard to dues established by the Continental Network and membership must be kept current.
2. Participation in the Continental Instructor retreats usually held every four years within the continent
3. Fees for instruction shall not exceed the recommendations of the Continental Networks. (See www.universaltaoinstructors.com ⇒ Downloads ⇒ Evaluation Fees)
4. Only approved instructional materials may be used as a part of UNIVERSAL HEALING TAO® instruction.
5. All Instructors and Practitioners maintain records of all students with name, address, date of birth, title and date of the course completed and send those records to Continental Network Asia. ⇒ I have also been informed that all my data collection is voluntary except of the names and e-mail addresses.

IV Liabilities

1. Certification by the UNIVERSAL HEALING TAO® System carries no expressed or implied insurance coverage for liability incurred while instructing the UNIVERSAL HEALING TAO® practices. Liability insurance should be maintained by each individual UHT Instructor/Practitioner.
2. Certification carries no expressed or implied authority to engage in medical or healing practices. UNIVERSAL HEALING TAO® certification is for instructing individuals to care for themselves. Use of any of the UNIVERSAL HEALING TAO® techniques for medical purposes can only be performed under supervision of qualified medical person. Please observe the legal regulations of your country.
3. No instruction may be given to any person under the age of 18 years without prior express written consent of a parent or legal guardian. Such express written consent must be maintained on file.

V Ethics

1. Demonstrate acceptance of a clear, respectful and friendly Continental Instructor Network
2. Constantly respect Grandmaster Chia, UNIVERSAL HEALING TAO® teachings, Instructors, and all students in our words and actions.
 - a) Foster cooperation, sharing and trust amongst Instructors as well as in UHT organization
 - b) Being helpful and compassionate amongst each other
 - c) Clear, honest and open communication
 - d) Teaching in the same area we maintain the principle of abundance
3. Actively seek cooperation between Instructors and being accountable for the quality of the UNIVERSAL HEALING TAO® System
4. Be clear when informing students about fees, conditions of the class, duration, and expected results (for instance, students of the sexual practices understand that the practices are internal and they will receive instructions while sitting on their chairs and that there will be **no nudity or any actual sexual practice in the class**;
5. Be honest in representing our background and experience to students and the general public;
6. Be scrupulous in maintaining the boundaries of the teacher-student relationship and be clear in our communications.
Never be involved in sexual affairs with actual students;
7. Be, from the beginning, clear and transparent about economic conditions with workshop organizers and with students;
8. Give your best to be a model of the TAO teachings;
 - a) be a good model and honest as a human being;
 - b) good listener to the real needs of your student;
 - c) keep in mind the spiritual development of your students;
 - d) create ways to spread the teachings;
 - e) be and act in accordance to the Taoist Virtues
9. We are aware of our powerful position and honour the responsibility to harmoniously develop the UNIVERSAL HEALING TAO® System

VI Revocation

1. Violation of the above terms and conditions of certification, standards or ethics and agreements and the rendering of improper training or instruction will result in the immediate revocation of UNIVERSAL HEALING TAO® certification.

VII Additional Terms for upgrading to higher levels

1. To continue your education and training in Mantak Chia's UNIVERSAL HEALING TAO® system, please take a look at our training rules.
2. Please go to www.universaltaoinstructors.com ⇒ Become an Instructor or login to your personal Instructor profile in our UHT Instructor-Directory: www.universaltaoinstructors.com ⇒ My Downloads for further Informations - or contact your UHT Country Coordinator
3. You can only pass on the contents of the subjects and practices for which you are certified to my future students.

VIII Data Protection Statement

With your signature you acknowledge our Data Protection Statement. See ⇒ [DOWNLOAD LINK](#)

DATE

Print Surname Name of new Instructor/Practitioner

Signature of new Instructor/Practitioner



UNIVERSAL HEALING TAO® System

Chi Nei Tsang® I Case Study Form

Application for CNT 1

274/1 Moo.7, Luang Nua, Doi Saket, Chiang Mai 50220, Thailand

Tel: +6653 921 200 Fax: +6653 495 852

Email: universaltao@universal-tao.com

Website: www.universal-tao.com



Applicants profile for becoming ☐ CNT 1 Practitioner ☐ CNT 1 Teacher

Surname Trainee	Last Name
e-mail	skype
Zip	City
Street / No.	Date of birth
Phone	Mobil Phone
Country	State

Dear Chi Nei Tsang® Trainee,

to reach the level of a 'UHT Chi Nei Tsang® 1 Practitioner', 70 completed Case Study Forms are needed. To train and develop your skills, Grand-Master Mantak Chia wants you to show your Chi Nei Tsang® practice for this part of your Chi Nei Tsang® 1 education. Within each of the 70 sessions with Students (partners, clients, friends or relatives), several actions are necessary. Please observe the legal regulations valid in your country.

Thank you very much !

UHT Chi Nei Tsang® 1 is an element of the Universal HEALING TAO System. I confirm that I will not publish, teach, or in any form or way attempt to impart the principles of the Universal Tao to the public, until such time as I have received personally from Master Mantak Chia, or his representative, the training and testing necessary to become a qualified practitioner of the Universal HEALING TAO Chi Nei Tsang® 1 practices.

Letter of agreement

Hereby I confirm with my signature that I have been informed about the general conditions and principles of the treatment and I agree with them. I have also been informed that all my data collection is voluntary. Furthermore, I agree that the treatment data, evaluations and documentation concerning my person will be stored for 5 years for the purpose of treatment by the above-mentioned institution. This also applies to any treatment data and findings from an external treatment by a third party which may have been transferred to the institution.

I am aware that I can withdraw my consent in whole or in part, at any time - for the future. This results in a termination of the treatment contract and the deletion of my data. My data is subject to confidentiality and will be treated strictly confidential. I understand, that data concerning my person will only be passed on to third parties to the extent required by a judicial order or other legal obligation, provided that, to the fullest extent permitted by law, I will be notified of such a required disclosure.

(See our **Data Protection Statement** ⇒ [DOWNLOAD LINK](#))

Date _____ Signature _____

DESCRIPTION & PROFILE OF THE STUDENT

1. Name :		Surname :	
2. Gender: ☐ female ☐ male ☐ other		Age :	
3. E-mail			
Line 1-3 is needed. All further details from here are personal data and can be blackened or completely cut off. Questions about Students self-assessment:			
Body Constitution : ☐ underweight ☐ slim ☐ normal ☐ muscular ☐ corpulent ☐ overweight			
5 Element Balance : ☐ Water ☐ ☐ Wood ☐ ☐ Fire ☐ ☐ Earth ☐ ☐ Metal ☐			
e.g. Chi Balance of the element : ☐ = strong <u>water</u> = normal ☐ = weak			
Find 5 Element balance through : www.universal-tao.com/InnerAlchemyAstrology			
Sleep : ☐ regularly ☐ irregularly ☐ mostly quiet ☐ restless ☐ very restless			
Emotional Level : ☐ very restrained ☐ restrained ☐ normal ☐ temperamentally ☐ irascible			
Stress Conditions : ☐ never ☐ occasionally ☐ regularly ☐ ongoing ☐ too much			
Women : Are you pregnant? ☐ no ☐ yes Do you have an IUD? ☐ no ☐ yes			
Do you have a pacemaker? ☐ no ☐ yes Do you have thrombosis? ☐ no ☐ yes			
Are you taking antipsychotic drugs? ☐ no ☐ yes			
Main challenges :			

I am aware that Chi Nei Tsang® I is primarily an educational process enabling me to care for myself in a more informed way. I know that I am responsible for my own physical, emotional, mental, and spiritual well-being. This training in Chi Nei Tsang® I will enable me to understand myself better and become capable of functioning more fully as a complete being in harmony with myself. I am not here to be treated for any illness, disease, or disability. With this Taoist meditation practice as taught by Master Mantak Chia no diagnoses are made, it can in no case replace the consultation with a medical doctor.

(See our **Data Protection Statement** ⇒ [DOWNLOAD LINK](#))

Date

Signature Student

Chi Nei Tsang® 1: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 1 **NAME Student:**

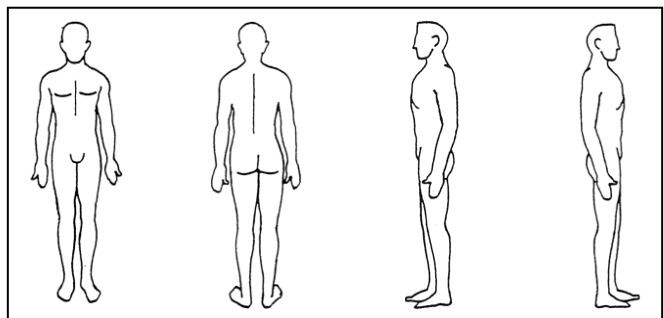
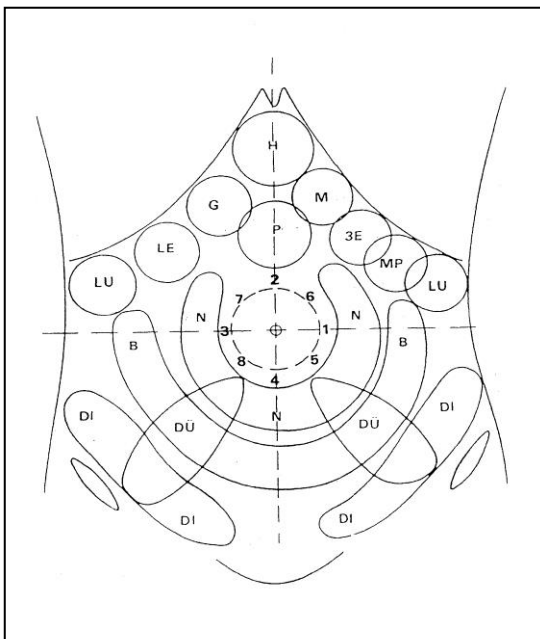
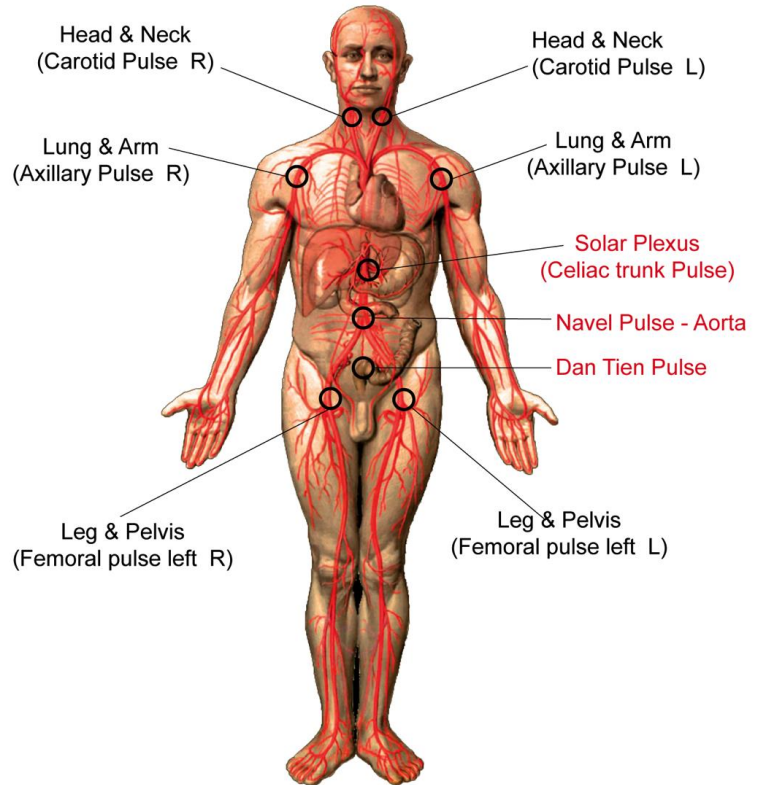
DATE:

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

- ☐ relaxing the body through leg movements
- ☐ activating groin pulse and soul gates
- ☐ opening the wind gates
- ☐ skin detox
- ☐ loosening the thoracic diaphragm
- ☐ activation of organ pulses start with lungs
- ☐ clearing large intestine
- ☐ clearing small intestine
- ☐ liver and gall bladder
- ☐ spleen, stomach pancreas
- ☐ heart and sternum
- ☐ intercostal muscles
- ☐ abdominal pelvic clearing
- ☐ psoas, sciatic nerve
- ☐ work on other parts of the body
- ☐ collect energy in the navel

- ☐ recommendation related to:
- Chi Nei Tsang® self-massage.....
- detox method:
- inner smile.....
- 5 element nutrition:
- iron shirt position:
- healing sounds:.....



Comments to session:

AFTER SESSION for Student (Client)

- 1) Drink warm clean water for lymph detoxification.
- 2) For better result don't eat & drink 30-60 minutes before & after.
- 3) Responses: Discomfort (6-8 days in abdominal area), Lighter feeling in head (heat), Sweating (7-20 days), Tiredness, Bowel movement, Recovering feeling, Sleepiness.

Chi Nei Tsang® 1: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 2

NAME Student:

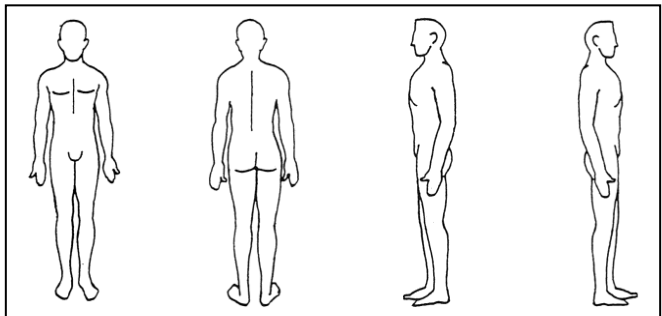
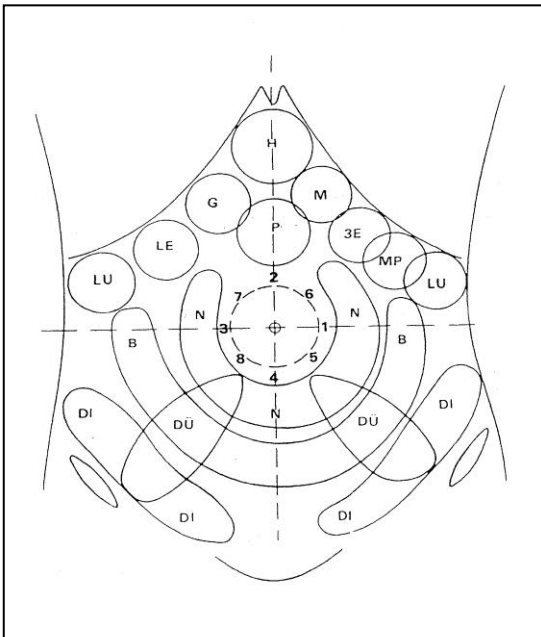
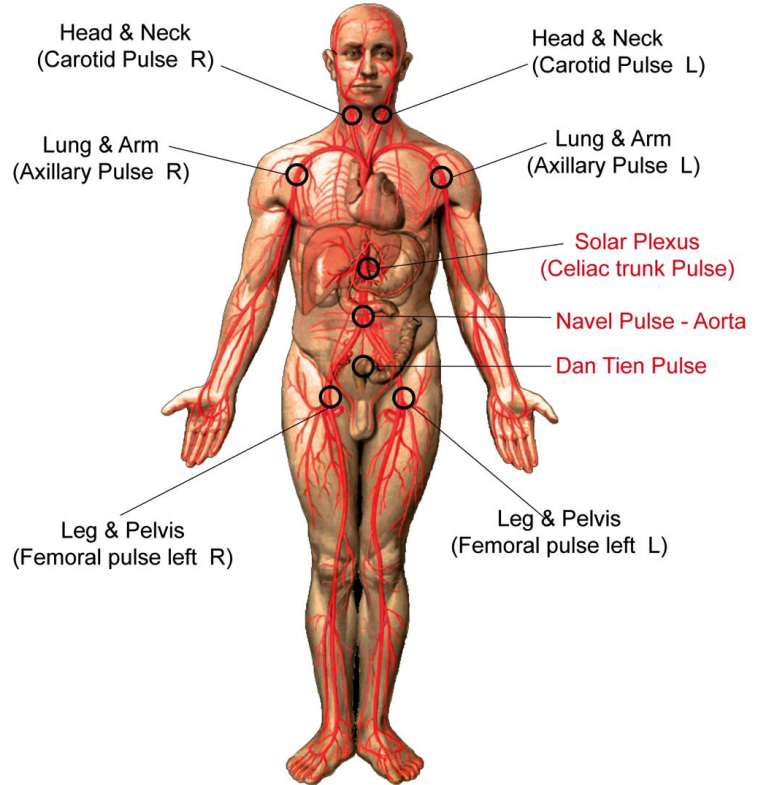
DATE:

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

- ☐ relaxing the body through leg movements
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- ☐ spleen, stomach pancreas
- ☐ heart and sternum
- ☐ intercostal muscles
- ☐ abdominal pelvic clearing
- ☐ psoas, sciatic nerve
- ☐ work on other parts of the body
- ☐ collect energy in the navel

- O recommendation related to:
Chi Nei Tsang® self-massage.....
detox method:
inner smile.....
5 element nutrition:
iron shirt position:
healing sounds:.....



Comments to session:

Chi Nei Tsang® 1: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 3

NAME Student:

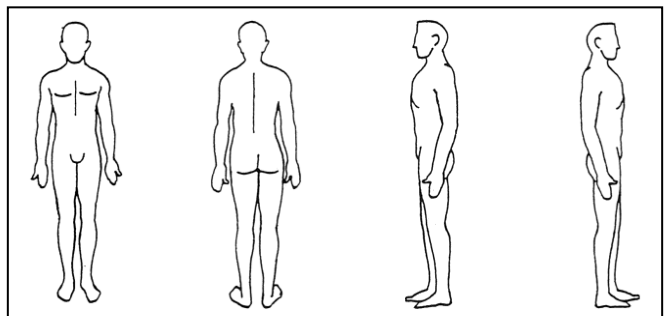
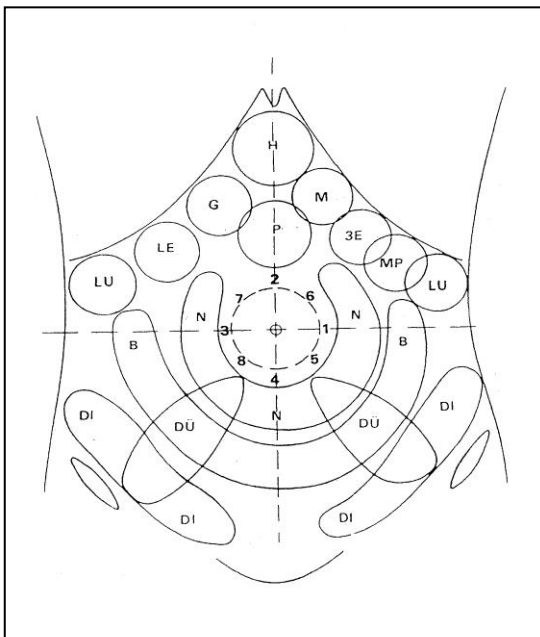
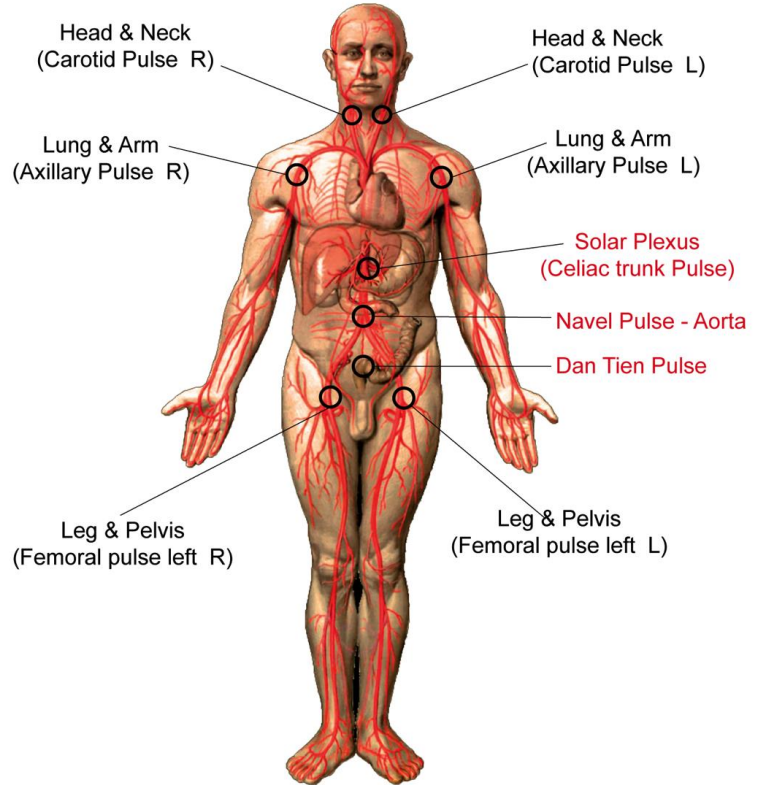
DATE:

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

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- ☐ abdominal pelvic clearing
- ☐ psoas, sciatic nerve
- ☐ work on other parts of the body
- ☐ collect energy in the navel

- ☐ recommendation related to:
- Chi Nei Tsang® self-massage.....
- detox method:
- inner smile.....
- 5 element nutrition:
- iron shirt position:
- healing sounds:.....



Comments to session:

Chi Nei Tsang® 1: SESSION EXPLANATION & PRACTICE WITH STUDENT

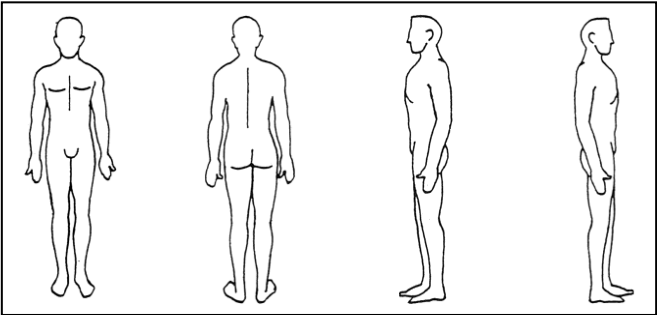
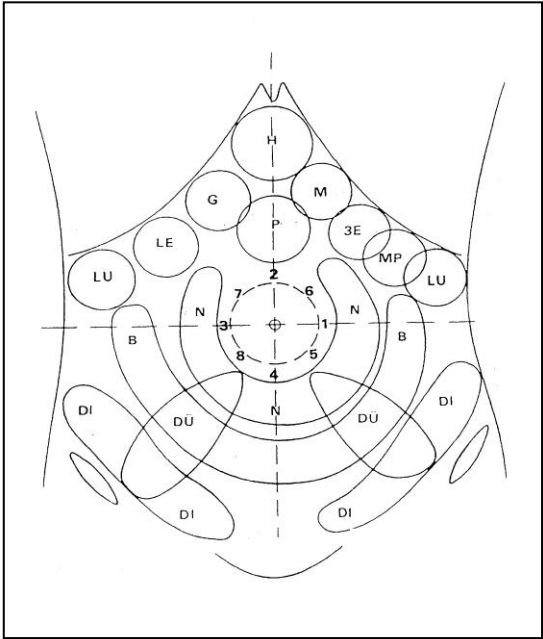
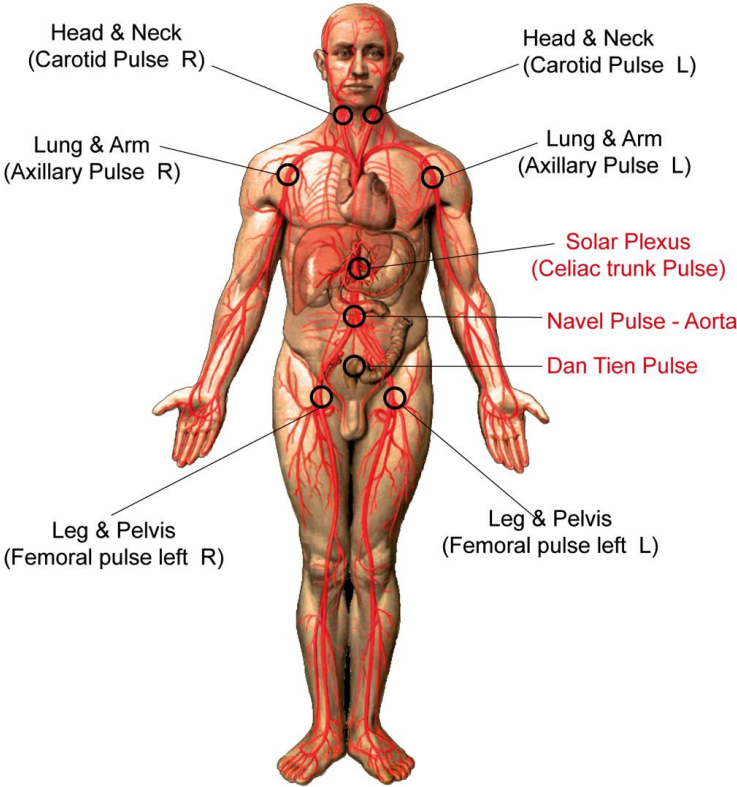
SESSION 4 **NAME Student:** _____ **DATE:** _____

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

- relaxing the body through leg movements
- activating groin pulse and soul gates
- opening the wind gates
- skin detox
- loosening the thoracic diaphragm
- activation of organ pulses start with lungs
- clearing large intestine
- clearing small intestine
- liver and gall bladder
- spleen, stomach pancreas
- heart and sternum
- intercostal muscles
- abdominal pelvic clearing
- psoas, sciatic nerve
- work on other parts of the body
- collect energy in the navel

- recommendation related to:
Chi Nei Tsang® self-massage.....
detox method:
inner smile.....
5 element nutrition:
iron shirt position:
healing sounds:.....



Comments to session:

Chi Nei Tsang® 1: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 5

NAME Student:

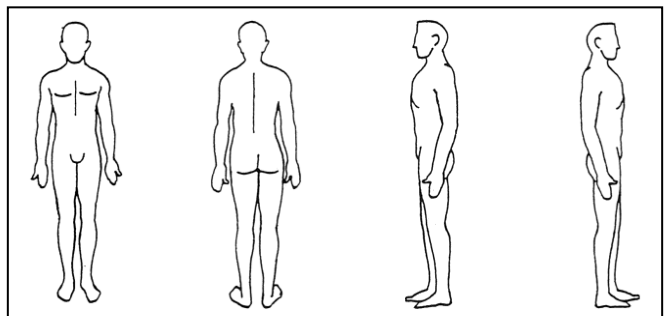
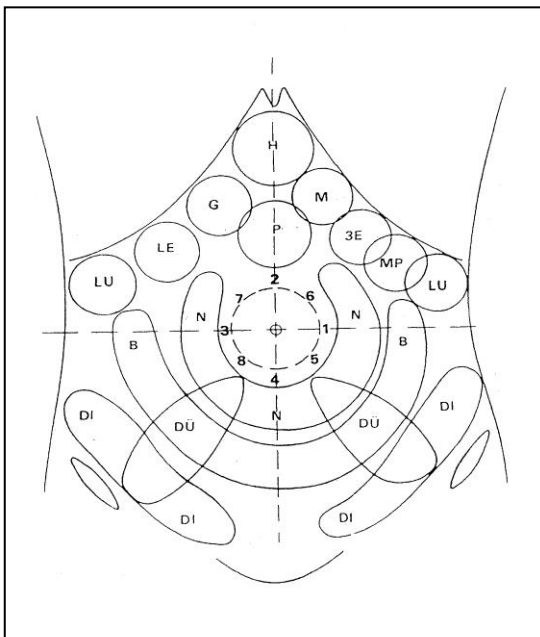
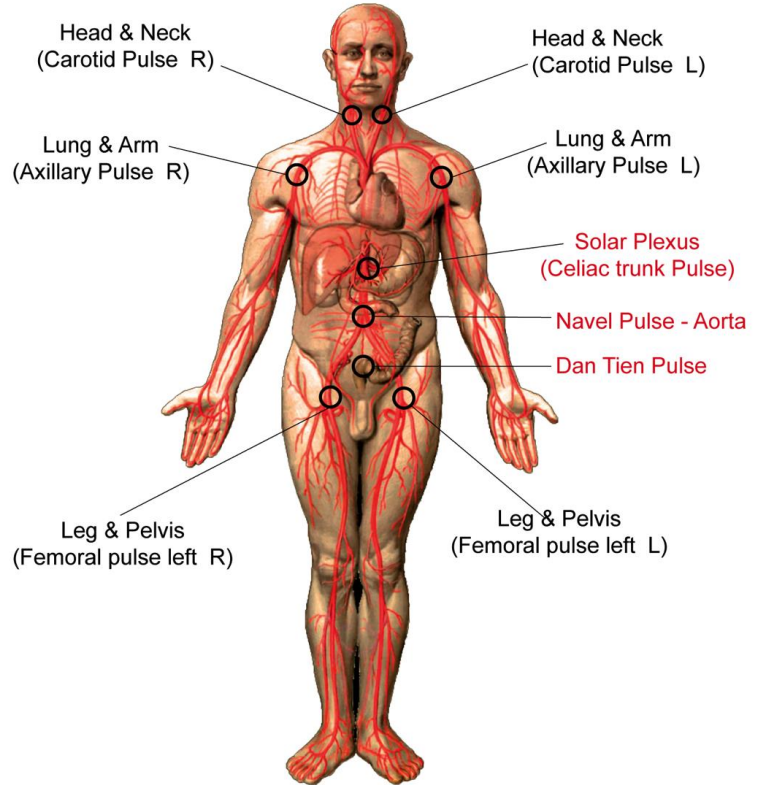
DATE:

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

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- ☐ recommendation related to:
- Chi Nei Tsang® self-massage.....
- detox method:
- inner smile.....
- 5 element nutrition:
- iron shirt position:
- healing sounds:.....



Comments to session:



UNIVERSAL HEALING TAO® System

Chi Nei Tsang® I Case Study Form

Application for CNT I

274/1 Moo.7, Luang Nua, Doi Saket, Chiang Mai 50220, Thailand

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Email: universaltao@universal-tao.com

Website: www.universal-tao.com



Candidat (e) pour ☐ Praticien(ne) CNT 1 ☐ Enseignant(e) CNT 1

Prénom	Nom
e-mail	skype
Code Postal	Ville
Rue / No.	Date Naissance
Tél. Fixe	Tél. Portable
Pays	Etat

Cher (Chère) Stagiaire de CNT 1,

Pour pouvoir se présenter à l'évaluation de « Praticien de Chi Nei Tsang® 1 » il est nécessaire d'avoir effectué 70 séances de cas pratiques. Grand Maître Mantak Chia souhaite que cette pratique fasse partie de votre éducation en Chi Nei Tsang® 1, pour que vous puissiez entraîner et développer vos compétences. Lors de ces 70 séances avec vos étudiants (partenaires, clients, amis et famille), merci d'observer les règles et lois en vigueur dans votre pays. Ainsi que l'accord signé ci-dessous.

Accord

Le Chi Nei Tsang® 1 fait partie de l'Universal HEALING TAO System dont il est un élément. Je confirme que j'en publierai, ni ne transmettrai, ni n'enseignerai les principes du Chi Nei Tsang® et de l'UNIVERSAL HEALING TAO® à moins d'avoir reçu de Grand Maître Mantak Chia personnellement -ou de ses représentants- la formation et l'évaluation me qualifiant comme Praticien de Chi Nei Tsang 1. Je confirme également avec ma signature ci-dessous que j'ai été informé(e) des conditions générales et des principes de traitement et que je les accepte. Je confirme aussi que j'ai soumis mes données de façon volontaire. J'accepte que ces données sur les traitements, évaluations et documentations me concernant soient stockées pendant 10 ans dans le centre de Mantak Chia en Thaïlande. Je suis conscient(e) que je peux révoquer cet accord, dans son entier ou partiellement, à tout moment. Cette révocation entraînera une annulation du contrat de traitement à partir de la date de révocation ; 10 ans après cette date mes documents seront détruits. Mes données sont soumises à la confidentialité et seront traitées comme telles. Elles ne seront transmises à des tierces parties qu'avec mon consentement ou à moins que la loi en vigueur ne l'exige. (Voir notre déclaration de protection des données - [DOWNLOAD LINK](#))

Date _____ Signature _____

DESCRIPTION & PORTRAIT DE L'ETUDIANT(E)

1. Nom :	Prénom:
2. Genre: ☐ féminin ☐ masculin	Date + heure de naissance :
3. E-mail	
Les lignes 1 à 3 sont obligatoires. A partir d'ici, les données peuvent être noircies ou simplement coupées. Questions sur l'auto évaluation de l'étudiant(e):	
Constitution : ☐ en sous poids ☐ mince ☐ normale ☐ musclée ☐ corpulente ☐ surpoids	
Equilibre des 5 Elements : ☐ Eau ☐ ☐ Bois ☐ ☐ Feux ☐ ☐ Terre ☐ Métal ☐	
Equilibre du Qi de l'Elément : ☐ = fort <u>Wood</u> = égal ☐ = faible	
Trouver l'Equilibre des 5 Elements avec : www.universal-tao.com/InnerAlchemyAstrology	
Sommeil : ☐ régulier ☐ irrégulier ☐ tranquille ☐ agité ☐ très agité	
Niveau Emotionnel : ☐ très retenu ☐ retenu ☐ normal ☐ expressif ☐ très expressif	
Conditions de Stress : ☐ jamais ☐ occasionnelles ☐ régulières ☐ constantes ☐ trop	
Femmes : Etes-vous enceinte? ☐ non ☐ oui Portez-vous un stérilet? ☐ non ☐ oui	
Portez-vous un stimulateur cardiaque? ☐ non ☐ oui Avez-vous une thrombose? ☐ non ☐ oui	
Prenez-vous des médicaments antipsychotiques? ☐ non ☐ oui	
Principaux défis :	

Je suis conscient(e) que le Chi Nei Tsang® 1 est avant tout un processus éducatif qui me permet de prendre soin de moi de manière mieux informée. Je sais que je suis responsable de mon bien-être physique, émotionnel, mental et spirituel. Les séances de Chi Nei Tsang® 1 me donneront les moyens de mieux me connaître et d'être capable de fonctionner comme un être entier et en harmonie avec moi-même. Je ne suis pas ici pour être traité(e) pour une quelconque maladie ou invalidité. Les pratiques taoïstes enseignées par Grand Maître Mantak Chia n'ont pas pour but de faire de diagnostic et ne peuvent en aucun cas remplacer une consultation avec un médecin. (Voir notre déclaration de protection des données - [DOWNLOAD LINK](#))

Date

Signature de l'étudiant(e)

SEANCE DE CHI NEI TSANG® 1 : EXPLICATIONS & PRATIQUE

SÉANCE 1

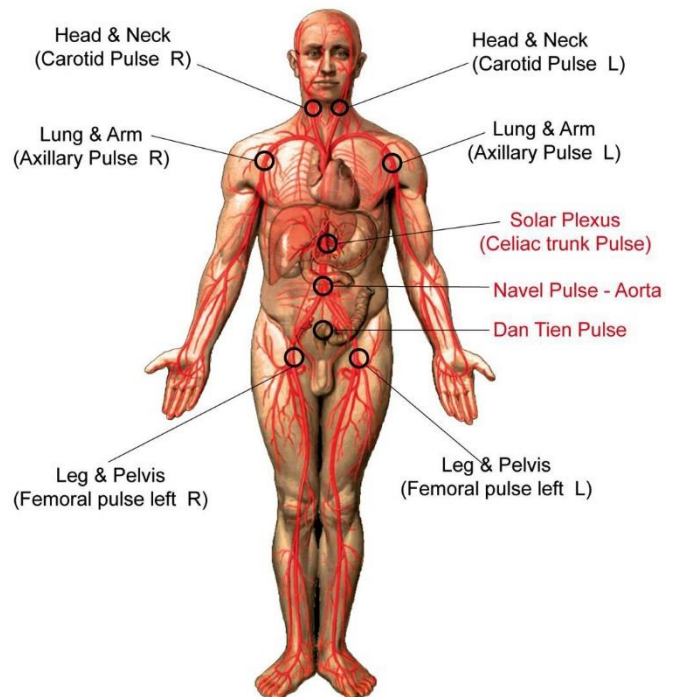
NOM Etudiant(e):

DATE:

Recommandation: Mains propres pour stagiaire CNT, Etudiant debout, assis ou allongé.

Retour de l'étudiant ☐ pas de changement ☐ mieux ☐ bien ☐ pire

- O relaxer le corps avec mouvement des jambes
- O activer le poul de l'aîne et portes de l'âme
- O ouverture porte des vents
- O détox peau
- O détendre diaphragme thoracique
- O activation des poulx des organes
- O dégager le gros intestin
- O dégager l'intestin grêle
- O foie et vésicule biliaire
- O rate, estomac et pancréas
- O cœur et sternum
- O muscles intercostaux
- O dégager le bassin
- O psoas, nerf sciatique
- O autres parties du corps
- O rassembler dans le Tan Tien



Recommandations

Automassage Chi Nei Tsang®.....

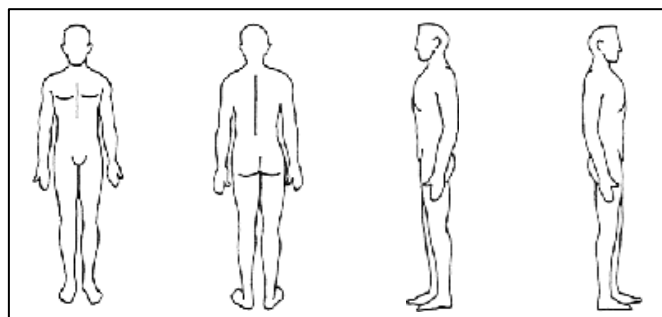
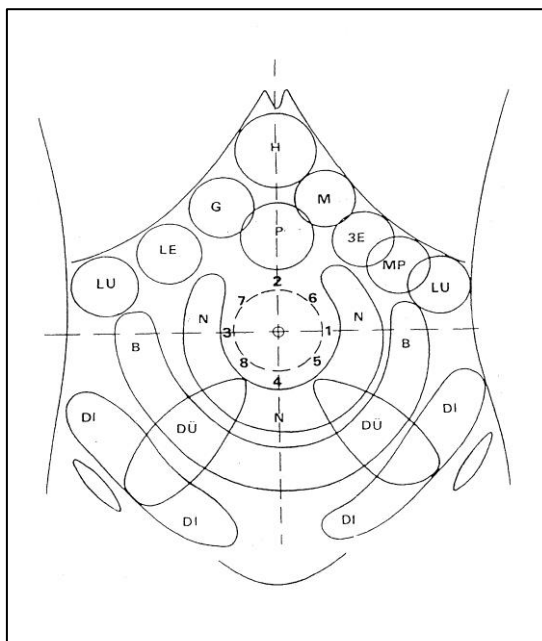
Détox:.....

Nutrition des Cinq éléments.....

Sourire Intérieur.....

Six Sons de Guérison.....

Chemise de Fer:



Commentaires

APRES LA SEANCE pour l'étudiant - client

- 1) ne pas manger 30-60 minutes avant et après la séance
- 2) boire de l'eau chaude pour la détoxification après la séance et tous les matins
- 3) réactions possibles: inconfort dans la région abdominale (6-8 jours), tête qui tourne (chaleur), transpiration (7-20 jours), fatigue, somnolence, transit modifié, sensation de convalescence

SEANCE DE CHI NEI TSANG® 1 : EXPLICATIONS & PRATIQUE

SÉANCE 2 NOM Etudiant(e): DATE:

Recommandation: Mains propres pour stagiaire CNT, Etudiant debout, assis ou allongé.

Retour de l'étudiant ☐ pas de changement ☐ mieux ☐ bien ☐ pire

- ☐ O relaxer le corps avec mouvement des jambes
- ☐ O activer le poul de l'aîne et portes de l'âme
- ☐ O ouverture porte des vents
- ☐ O détox peau
- ☐ O détendre diaphragme thoracique
- ☐ O activation des pouls des organes
- ☐ O dégager le gros intestin
- ☐ O dégager l'intestin grêle
- ☐ O foie et vésicule biliaire
- ☐ O rate, estomac et pancréas
- ☐ O coeur et sternum
- ☐ O muscles intercostaux
- ☐ O dégager le bassin
- ☐ O psoas, nerf sciatique
- ☐ O autres parties du corps
- ☐ O rassembler dans le Tan Tien

Recommandations

Automassage Chi Nei Tsang®

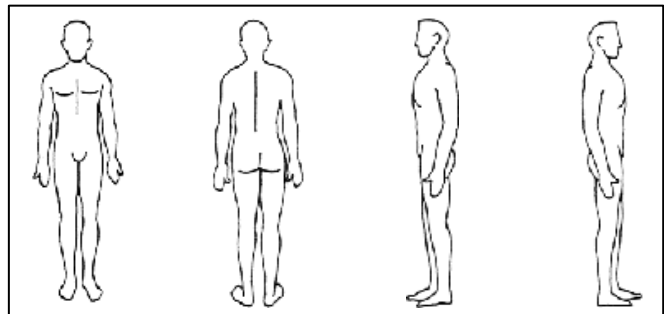
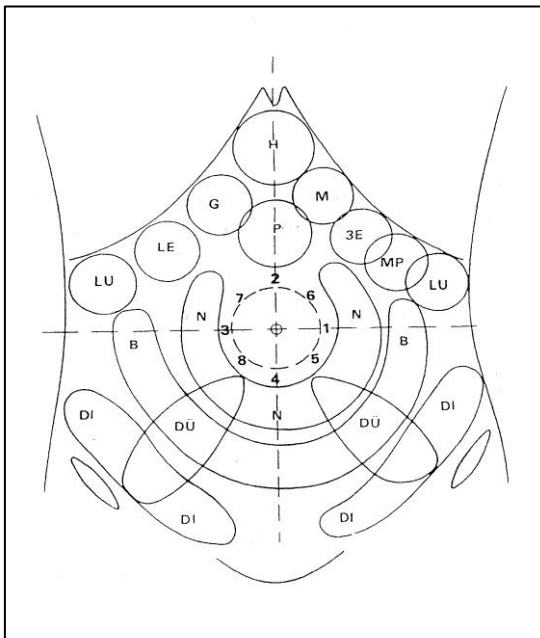
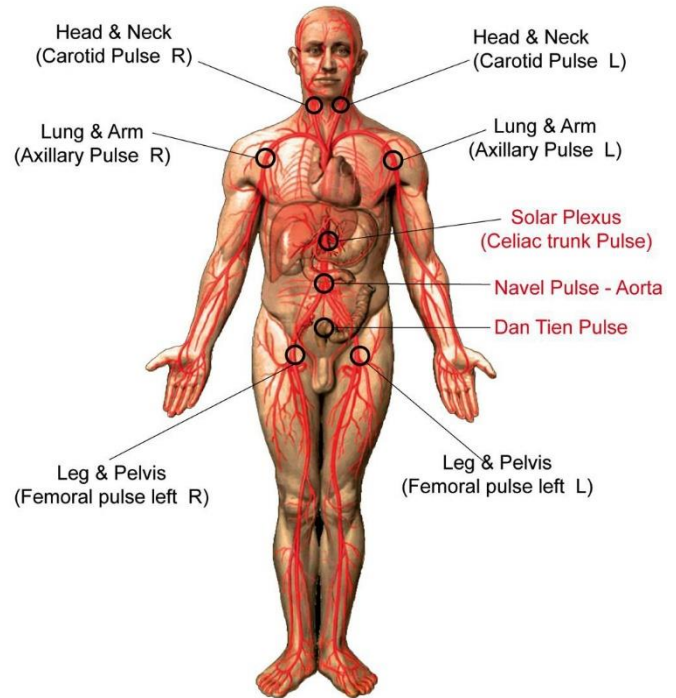
Détox:.....

Nutrition des Cinq éléments.....

Sourire Intérieur.....

Six Sons de Guérison.....

Chemise de Fer:



Commentaires

SEANCE DE CHI NEI TSANG® 1 : EXPLICATIONS & PRATIQUE

SÉANCE 3

NOM Etudiant(e):

DATE:

Recommandation: Mains propres pour stagiaire CNT, Etudiant debout, assis ou allongé.

Retour de l'étudiant

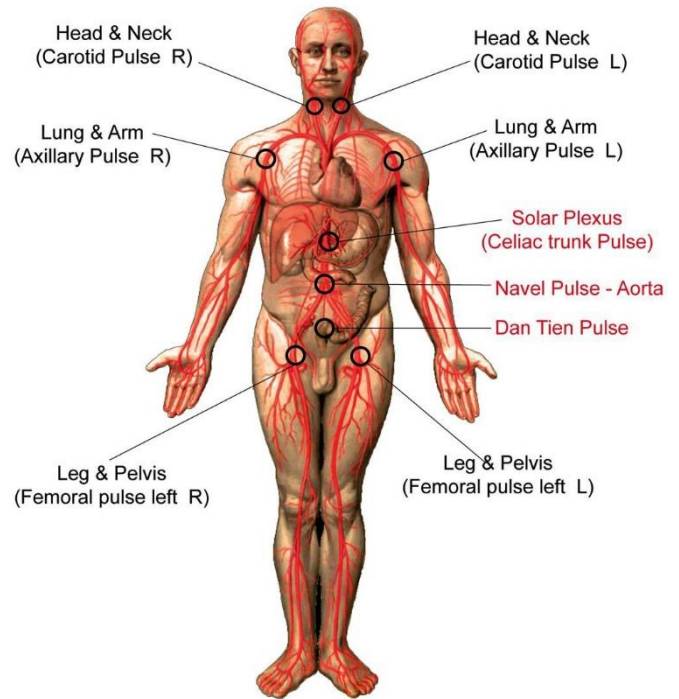
☐ pas de changement

☐ mieux

☐ bien

☐ pire

- O relaxer le corps avec mouvement des jambes
- O activer le poul de l'aine et portes de l'âme
- O ouverture porte des vents
- O détox peau
- O détendre diaphragme thoracique
- O activation des pouls des organes
- O dégager le gros intestin
- O dégager l'intestin grêle
- O foie et vésicule biliaire
- O rate, estomac et pancréas
- O coeur et sternum
- O muscles intercostaux
- O dégager le bassin
- O psoas, nerf sciatique
- O autres parties du corps
- O rassembler dans le Tan Tien



Recommandations

Automassage Chi Nei Tsang®

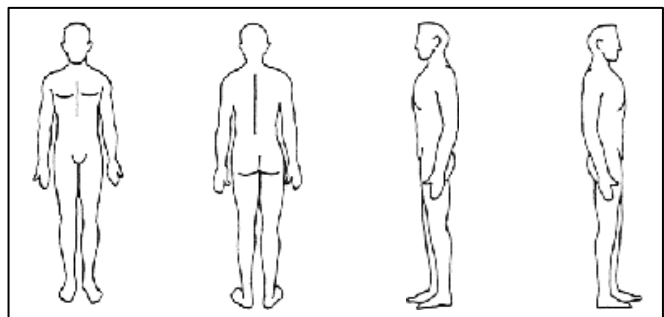
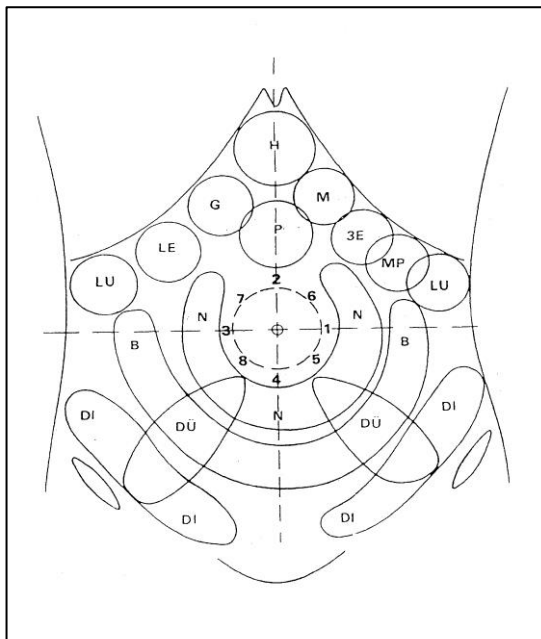
Détox:.....

Nutrition des Cinq éléments.....

Sourire Intérieur.....

Six Sons de Guérison.....

Chemise de Fer:



Commentaires

SEANCE DE CHI NEI TSANG® 1 : EXPLICATIONS & PRATIQUE

SÉANCE 4

NOM Etudiant(e):

DATE:

Recommandation: Mains propres pour stagiaire CNT, Etudiant debout, assis ou allongé.

Retour de l'étudiant ☐ pas de changement ☐ mieux ☐ bien ☐ pire

- ☐ O relaxer le corps avec mouvement des jambes
- ☐ O activer le poul de l'aîne et portes de l'âme
- ☐ O ouverture porte des vents
- ☐ O détox peau
- ☐ O détendre diaphragme thoracique
- ☐ O activation des pouls des organes
- ☐ O dégager le gros intestin
- ☐ O dégager l'intestin grêle
- ☐ O foie et vésicule biliaire
- ☐ O rate, estomac et pancréas
- ☐ O coeur et sternum
- ☐ O muscles intercostaux
- ☐ O dégager le bassin
- ☐ O psoas, nerf sciatique
- ☐ O autres parties du corps
- ☐ O rassembler dans le Tan Tien

Recommandations

Automassage Chi Nei Tsang®

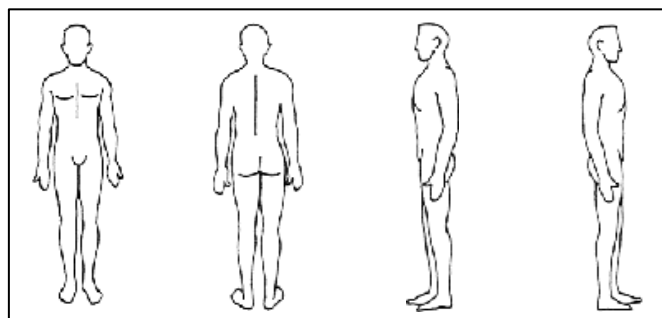
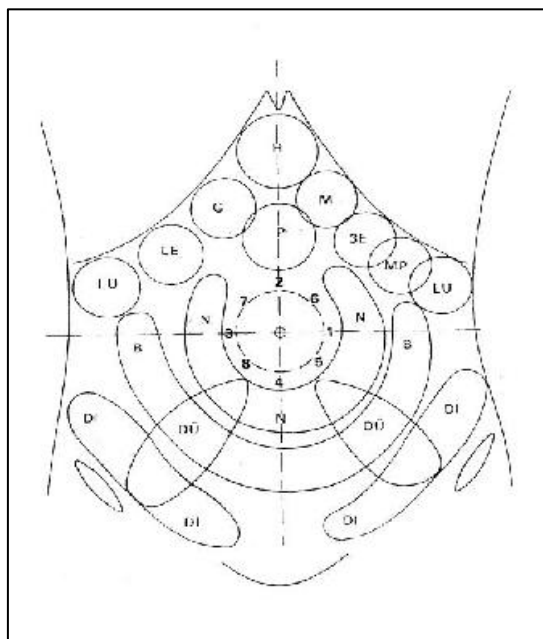
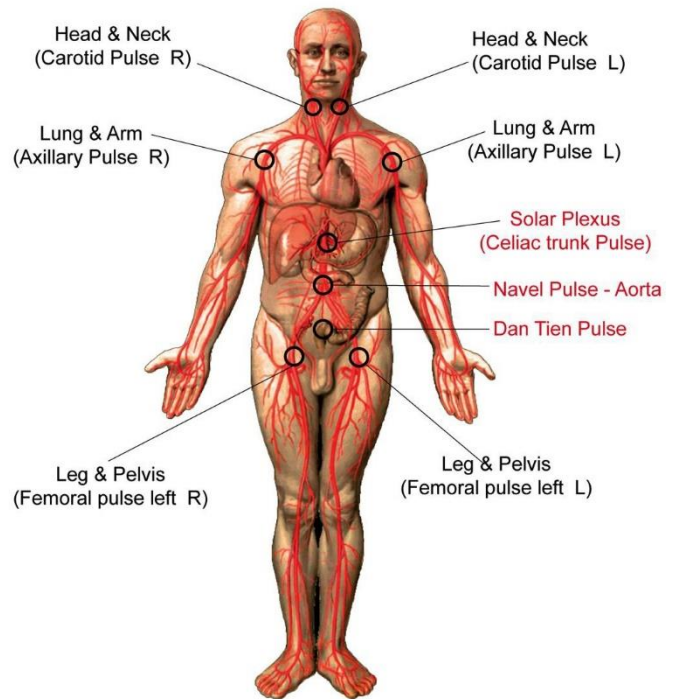
Détox:

Nutrition des Cinq éléments.....

Sourire Intérieur.....

Six Sons de Guérison.....

Chemise de Fer:



Comments to session:

SEANCE DE CHI NEI TSANG® 1 : EXPLICATIONS & PRATIQUE

SÉANCE 5

NOM Etudiant(e):

DATE:

Recommandation: Mains propres pour stagiaire CNT, Etudiant debout, assis ou allongé.

Retour de l'étudiant

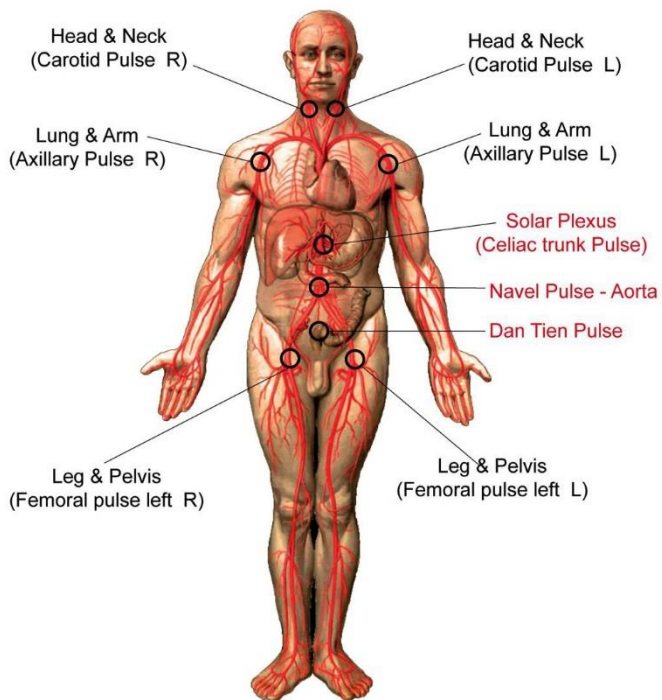
☐ pas de changement

☐ mieux

☐ bien

□ pire

- relaxer le corps avec mouvement des jambes
- activer le poul de l'aine et portes de l'âme
- ouverture porte des vents
- détox peau
- détendre diaphragme thoracique
- activation des pouls des organes
- dégager le gros intestin
- dégager l'intestin grêle
- foie et vésicule biliaire
- rate, estomac et pancréas
- coeur et sternum
- muscles intercostaux
- dégager le bassin
- psoas, nerf sciatique
- autres parties du corps
- rassembler dans le Tan Tien



Recommendations

Automassage Chi Nei Tsang®

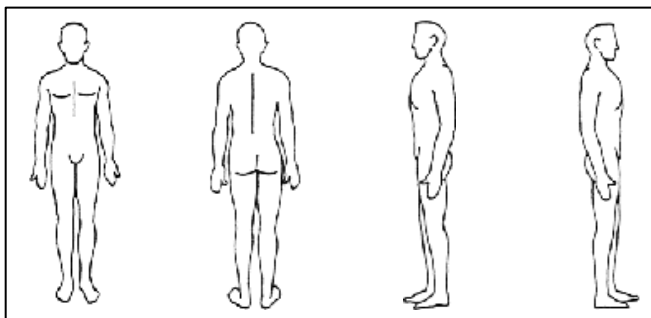
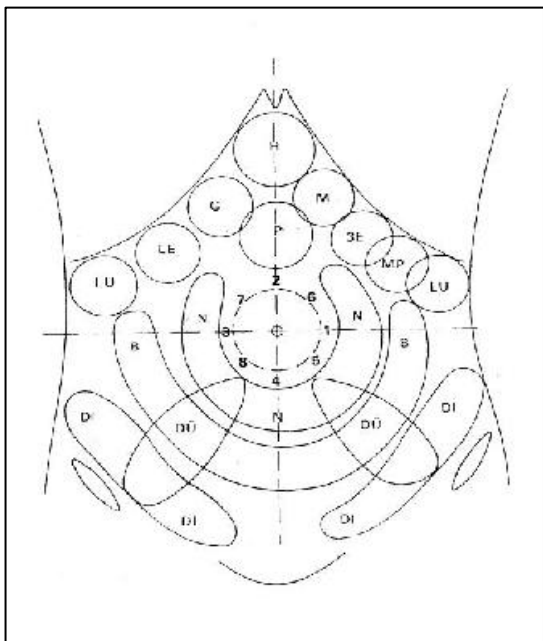
Détox:.....

Nutrition des Cinq éléments.....

Sourire Intérieur.....

Six Sons de Guérison.....

Chemise de Fer:



Comments to session: