



Hello

You experienced already the Chi Nei Tsang® (CNT) abdominal massages benefits.. Below two suggestions how you can continue to take care of your Vital Organs. We look forward hearing from you.

Veetao Hogan - Chi Nei Tsang® Senior Teacher

How can I continue to look after my Organs ?

CNT Intro Day Ideal to learn to take care of yourself and...

- How to **self-massage** your abdomen to keep it soft and healthy
- How to apply **simple massage technique** on your friends and family
- How to do **Energy Mediations such as**
Inner Smile to your Organs and Six Healing Sounds to transform the negative emotions blocking your Organs
- **Qi Gong** to increase your energy flow

Chi Nei Tsang® Introduction Days 2 0 2 2

Option 1: 22 January Bern CHF 180

Option 2: 6 February Lausanne CHF 180

Option 3: 10 September Lausanne CHF 180

CNT Training You will deepen your experience and learn:

- to deeply connect with your 5 Vital Organs
- to experience **massage exchanges** both giving and receiving
- **self-massage** techniques that you can apply on yourself and others
- **Energy Meditations** to lift your Organs on a high frequency
- how to stay **physically, mentally, emotionally** and **spiritually** fit and healthy

Chi Nei Tsang® 1 Trainings 2 0 2 2

Option 1: March 17 - 20 CHF 990

Option 2: July 30 - August 6 CHF 1360 (teaching fee only)

This retreat offers you the opportunity to get out of your environment and immerse yourself in these practices in a benevolent and supportive setting for a week.

Option 3: October 27 - 30 CHF 990