



Chi Nei Tsang Day

Discover the Taoist Belly Massage

Time: 9:30 - 17:00

Place: Bern

Cost: 210.-

- Belly Self-massage
- Massage on Partner
- 5 Organ Meditation
- Chi Kung



“Our two brains, the one in our head and the one in our belly, must cooperate. If they do not, there is Chaos in the gut and misery in the head.”

(Michael Gershon, “The Second Brain”)

Rentao



As a former professional athlete and sports teacher, I was looking for training methods that work from the inside out instead of from the outside in. I found the answers in UNIVERSAL HEALING TAO (UHT) and became a student, assistant and senior instructor of Grand Master Mantak Chia - founder of the UHT system. I ran a Taoist health centre in the Swiss Alps for over 12 years and have been teaching all over the world for more than 30 years. In 2008/2012 I organised the first European UHT Instructor Conferences with over 250 instructors from 27 countries. As a coach, I share my health prevention concepts **flowjoy©** and **4-Dimensional Health (4-DH©)**, as well as practical exercises that enable every human being to live in flow, joy and love in 24-hour everyday life.