

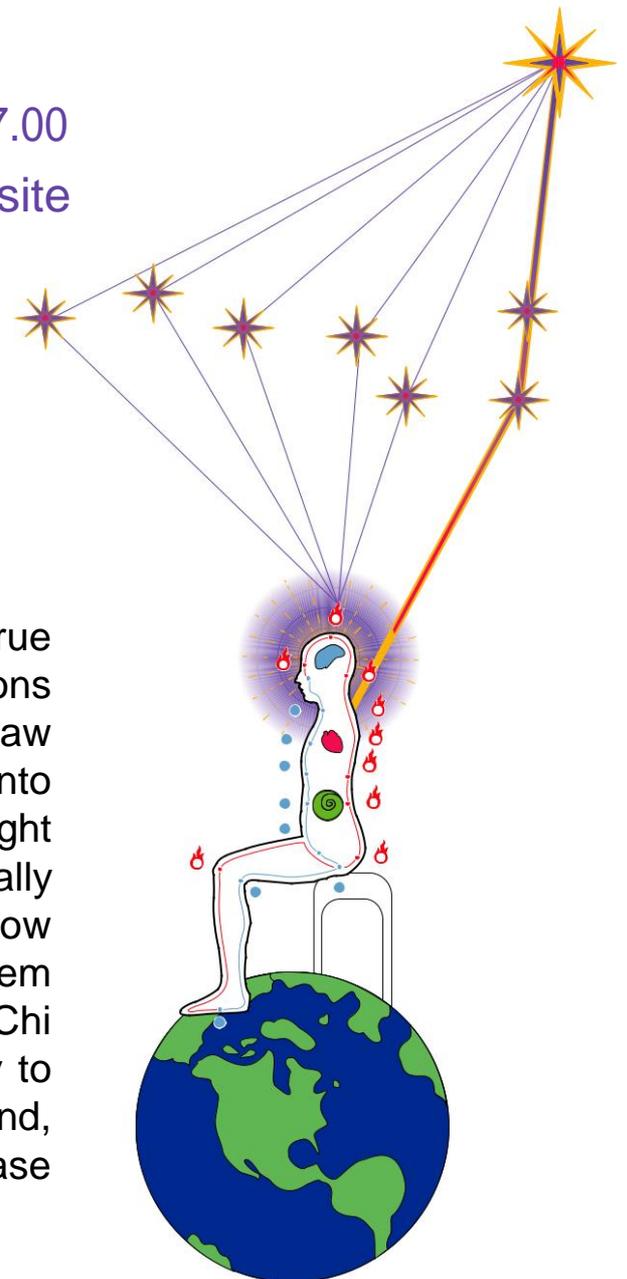


# Tendon Nei Kung Seminar

Improve your health by growing your tendons and build strength, power and flexibility in your joints



Place: Bern  
Time: 09.30 – 17.00  
Costs: See website



## Welcome to Tendon Nei Kung

Healthy tendons are the foundation of true strength in the body. Strong and supple tendons and open joints allow more space to store raw energy, which can then be transformed into higher creative and spiritual energy. The eight postures of Tendon Nei Kung are specifically designed to open the joints and fortify and grow all the tendons in the body, strengthening them as a unit. Like the practice of Iron Shirt Chi Kung, Tendon Nei Kung cultivates the ability to move the earth force up from the ground, through the feet, and into the body, in this case raising it to nourish the tendons.

## Supreme Inner Alchemy Practices

This practical system serves to cultivate a healthy body, develop your soul and raise your spirits. Its main branches and core formulas cover meditation, Qi Qong, Healing Love Practices as well as martial and healing arts. It empowers individuals to develop physical, mental, emotional and spiritual potential in order to become their own healers and masters. The UHT is shared on 6 continents by its founder Grandmaster Mantak Chia as well as the global UHT Faculty with over 900 certified instructors and practitioners. Its accessibility suits everyday western lifestyle and allows every individual to freely choose a joyful life of health, love and wealth.



UHT System  
Founder  
Grandmaster  
Mantak Chia

## Iron Shirt II – Tendon Nei Kung

Is a deep ancient practice to strengthen and repair the tendons in order to reverse the effects of premature aging. It shows how strengthening the tendons can lead to more energy, healthier organs and prevention of arthritis.

Tendon Nei Kung explains how to perform the eight postures individually as well as with a partner. It is revealed how regular practice of Tendon Nei Kung can help prevent and relieve arthritis by forcing poisoning acid out of the body to make room for healing chi energy. Then supplementary exercises are given to help heal damaged tendons and joints without strenuous movement and also includes information on the Mung Beans hitting practice, an ancient practice that in addition to repairing damaged tendons and joints also aids in detoxification and relieves constipation, stomach cramps, and headaches.



### 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.