



Ways to study the Universal Healing Tao

Evening Lectures

Listen to an overview about the 8000 old system and experience some of the Tao Basic techniques. Learn to see what Self-mastery and Illumination is all about. Those evenings are meant to give you a opportunity to receive a overview of the ancient Taoist exercises and meditations which allowed the Tao Masters a great deal of self-mastery and illumination experiences. The inner Smile transforms stress into vitality and the 6 Healing Sounds transform negative energy into useful neutral life force.

On-going classes

The on-going classes introduces to you a set of 5 classes namely the elements within the Basics Energy Meditation Branch of the Universal Healing Tao.

UHT Exercise Group

This exercise group is recommended to all who have already done a UHT Basic Seminar. It is intended to refresh and to deepen the integration of the techniques into your inner support system as well as your daily living situation. Experience shows that it is easier to keep the concentration and integrate the material with the support of a group. Every evening in itself is a closed session and newcomers are at any time very welcomed. A series of 5 evenings in a row is recommended. The meeting is to create a space for relaxation and replenishing your energy system as well as there is always time for answering questions of any kind you might have in your life. Prerequisite is the participation of a basic course. Content of evening: Inner Smile, 6 Healing Sounds, MCO, Iron Shirt Chi Kung, Tao Yin, Fusion I,II,III and always time for questions.

Workshops

Here you are able to learn the UHT in a more condensed form of 2 to 4 days seminars, which you find in our Yearly Program on the website.

Immortal Jogging

This form of jogging is unique. Effortless jogging is the key to healing, rejuvenation and revitalisation of body, mind and spirit. By the end of our jogging time you will have more energy, which you can supply to your energy system, use for healing yourself or storing it for later use. A series of 5 participations is recommended.

Online Learning

You need more energy to run your life?
You like to lift up your overall health to a new level?
You wish to have more joy and flow in your daily life?
You are so busy – time is tight and almost none is left nevertheless you have questions about your physical, mental, emotional and spiritual health?

Then our UHT Swiss Precision Online Energy Coaching is for you.
Please e-mail us if you are interested in online learning via modern tools such as zoom, skype, etc.