Saturday 11 12 January Bern Basic Energy Self Management 360 2 day workshop  Saturday 18 19 January Bern Healing love for women, men, partners 360 2 day workshop  Wednesday 22 January Bern Introduction to the UHT system 120 3 hours evening sems  Saturday 25 January Bern Introduction to 5 organ abdominal self-massage and Chi Qong 210 1 day workshop  Sunday 26 January Bern Iron Shirt I and Tao Yin 210 1 day workshop  Saturday 1 February Bern Basic Energy Self Management 360 2 day workshop  Saturday 8 9 February Bern Basic Energy Self Management 360 2 day workshop  Wednesday 12 February Bern 4-dimensional health in 24-hour everyday life - how is that possible? 120 3 hours evening sems  Friday 14 February Bern Community Meeting of UHT Switzerland 0 UHT SWITZERLAND A  Saturday 15 16 February Bern Healing love for women, men, partners 360 2 day workshop  Saturday 1 2 March Bern UHT Instructor Training 1 - Part 1 990 UHT training: Upgrad  Saturday 8 9 March Bern Tai Chi Kung 1 & Tan Tien Chi Kung 360 2 day workshop  Friday 15 16 March Bern Associate Instructor Training Part 1 German / English 1960 UHT training: UHT As	inar no. 2 MEETING
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Saturday 8 9 March Bern Tai Chi Chi Kung I & Tan Tien Chi Kung 360 2 day workshop	e in healing love
	sociate Instructor
Wednesday 19 March Bern Activating, guiding and storing energy in the body 120 3 hours evening semi	
Saturday 22 23 March Bern Basic Energy Self Management 360 2 day workshop	
Saturday 29 30 March Bern Create your 24h 4-Dimensional Health® and flowjoy© lifestyle 360 2 day workshop	
Source year 2 miles and nonjets mooths.	
Saturday 5 April Bern Iron Shirt I and Tao Yin 210 1 day workshop	
Sunday 6 April Bern Wisdom Qigong 150 UHT training: Inner A	Ichemy Qi Gong
Saturday 12 13 April Bern Healing love for couples 390 2 day workshop	
Wednesday 23 April Bern Sexual energy competence and creative energy 120 3 hours evening semi	inar no. 4
Saturday 26 27 April Bern Tai Chi Chi Kung II (fast form) 360 2 day workshop	
Friday 2 4 May Bern Associate Instructor Training Part 2 German / English 1960 UHT training: UHT As	sociate Instructor
Saturday 10 11 May Bern Healing love for women, men, partners 360 2 day workshop	
Saturday 17 18 May Bern UHT Instructor Training 1 - Part 2 990 UHT Training: Upgrad	de in Healing Love
Wednesday 21 May Bern Chi Nei Tsang - train your second brain through 5-organ abdominal massage 120 3 hours evening semi	
Saturday 24 May Bern 5 Element Qigong 150 UHT training: Inner A	
Sunday 25 May Bern Iron Shirt I and Tao Yin 210 1 day workshop	, <del></del>
Saturday 31 1 May Bern Basic Energy Self Management 360 2 day workshop	
Saturday 14 15 June Bern UHT Instructor Training 2 - Part 1 990 UHT training: Upgrad	e in healing love
Saturday 21 22 June Bern Fusion I - inner alchemy of the 5 elements 390 2-day workshop	<u>_</u>
Wednesday 25 June Bern Transform fear - recharge your batteries - live a healthy life 120 3 hours evening semi	inar no. 6
Saturday 28 29 June Bern Cranio Sacral Qigong 360 UHT training: Inner Al	Ichemy Qi Gong
Wednesday 2 July Bern High energy instead of burning out - fully recharge your inner battery 120 3 hours evening semi	inar no. 7
Saturday 5 6 July Bern Bone Marrow Nei Kung Healing and renewal of the bone marrow 360 2 day workshop	
Saturday 12 13 July Bern UHT Instructor Training 2 - Part 2 UHT training: Upgrad	e in healing love

2025	CA	LEN	DA	R	Provisional dates July - December	Costs	
Saturday	16 1	7 Augus	st	Bern	Basic Energy Self Management	360	2 day workshop
Saturday	23 2	4 Augus	st	Bern	Healing love for women, men, partners	360	2 day workshop
<b>Nednesday</b>	2	7 Augus	st	Bern	The multi-orgasmic couple: balancing Eros-Agape-Amor with joy	120	3 hours evening seminar no. 8
Saturday	30 3	1 Augus	st	Bern	Basic Energy Self Management	360	2 day workshop
Saturday	6	7 Septe	mber	Bern	Healing love for couples	390	2 day workshop
Saturday	13 1	4 Septe	mber	Bern	Fusion I - Repetition and Fusion I for advanced practitioners	pdf	2 day workshop
Friday	19 2	1 Septe	mber	Bern	Associate Instructor Training Part 1 German / French	1960	UHT training: UHT Associate Instructor
<b>Nednesday</b>	2	4 Septe	mber	Bern	Model of 4-Dimensional Health® and flowjoy© in 24h everyday life	120	3 hours evening seminar no. 9
Saturday	27 2	8 Septe	mber	Bern	Bone Marrow Nei Kung Healing and Renewal of the Bone Marrow	360	2 day workshop
Saturday	4	5 Octob	er	Bern	Fusion II & III - Next level after Fusion I	390	2 day workshop
The leg	ger	 idary	gr	and	master Mantak Chia comes to Switzerland fo	r a we	ek - Bern
Friday	10	Octob	er	Bern	Lecture UHT System & Tao of Immortality	Diagon	After three years, the legendary grandmost
Saturday	11 1	2 Octob	er	Bern	Basic Energy Self-Management Course		After three years, the legendary grandmaste Mantak Chia is coming back to Switzerland

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Friday	10		October	Bern	Lecture UHT System & Tao of Immortality	Diagram	After three years, the legendary grandmaster Mantak Chia is coming back to Switzerland and for the first time to Bern. Reserve your place today, as there are only a limited number of seats available!
Saturday	11	12	October	Bern	Basic Energy Self-Management Course	Please check the costs on the website	
Monday	13	14	October	Bern	Healing Love Secrets of the Tao of Love for Women, Men, Couples		
Tuesday	14		October	Bern	UHT Switzerland Instructors Meeting with Grandmaster Mantak Chia		
Wednesday	15		October	Bern	Tan Tien Chi Kung Unlimited energy storage and inner strength		
Thursday	16		October	Bern	Tendency Nei Kung Strength, power, flexibility of the tendons, joints as a unit	WCDSILC	
Saturday		18	October	Bern	Iron Shirt I and Tao Yin	210	1 day workshop
Sunday		19	October	Bern	Tan Tien Chi Kung	210	1 day workshop
Wednesday		22	October	Bern	Sexual energy competence and creative energy	120	3 hours evening seminar no. 10
Saturday		25	October	Bern	Cosmic Healing Qigong	150	UHT training: Inner Alchemy Qi Gong
Sunday		26	October	Bern	Introduction to 5 Organ Abdominal Self Massage and Chi Qong	210	1 day workshop
Saturday	1	2	November	Bern	Golden Elixir Qigong	360	UHT training: Inner Alchemy Qi Gong
<b>Donnerstag</b>	6	9	November	Bern	Lesser Kan & Li - Next level after Fusion I (II & III)	690	4 day workshop
Friday	14	16	November	Bern	Associate Instructor Training Part 2 German / French	1960	UHT training: UHT Associate Instructor
Wednesday		19	November	Bern	High energy instead of burning out - fully recharge your inner battery	120	3 hours evening seminar no. 11
Saturday	22	23	November	Bern	Basic Energy Self Management	360	2 day workshop
Saturday	29	30	November	Bern	Tendon Nei Kung Strengthening and renewing the tendons	360	2 day workshop
Wednesday		3	December	Bern	Compassion, orgasm and infinite life	120	3 hours evening seminar no. 12
Saturday		6	December	Bern	REPETITION IAQG LEVEL 1	210	UHT training: Inner Alchemy Qi Gong
Sunday		7	December	Bern	REPETITION IAQG LEVEL 2	210	UHT training: Inner Alchemy Qi Gong