



# I Inner Alchemy Qigong Instructor Training

## 01 A unique opportunity

UHT Switzerland is a 4-Dimensional (physical, mental, emotional and spiritual) Energy University that offers you step by step new doorways to open up to your body, soul and spirit by enhancing your abilities to draw in more energy into your energy system, circulate it and put it into a positive self constructive direction of physical, mental, emotional and spiritual flow and joy (flowjoy©) in your 24 h everyday life.

Now you have the opportunity to advance in your training and participate in our Qigong Intensive Series 2021. Rentao Ravasio - Senior Instructor Level 2 - has trained for the last 30 years with Grandmaster Mantak Chia. He honored and certified Rentao Ravasio as the first UHT Senior Instructor Level 2.

With this certification UHT Switzerland is able to offer new students to be trained to become UHT Associate and Certified Instructors. Present UHT certified Instructors can be upgraded in new Modules, Certification Keys and Trainings such as for example the new Inner Alchemy Instructor Qigong Series.

Rentao loves to share all that he has learned from over 30 years of diligent practice and teaching. He shares the original teachings and bridges them with the scientific knowledge of the West – making it both accessible and highly effective for everyone in their everyday life.

## 02 For whom is the new Inner Alchemy Qigong Training Series suitable?

The Training is suitable for everyone, as there are **no prerequisites**. Those who enroll in the program and ultimately (or not) apply for the exam will learn a lot and develop themselves further as well as make a lot of practice and thereby bring about great benefits for their own health.

The training is suitable

- For everyone who is interested in the inner alchemy of Qigong forms
- For everyone who would like to learn and teach a form of Qigong.
- Ideal for therapists and anyone working in the health professions
- Ideal for trainers looking to upgrade to new certifications for the classroom.
- Ideal for already certified UHT instructors and CNT practitioners around to specialize in different areas of inner alchemy Qigong.

## 03 What is the Inner Alchemy Qigong Training Series about?

What is Inner Alchemy Qigong? These internalized forms of qigong are “real qigong”.

- they train the inner workings of Qigong
- they reveal "the secrets" of the practice
- these open the jewels of Inner Alchemy

What's in the qigong forms included - what am I learning

**PLEASE READ pages 6-9 for more DETAILS**

Every qigong workshop has a very specific focus  
Join the entire series for maximum benefit achieve.

What are expected benefits?

- Deep connection into the body right down to the cellular level

- Re-programming of your DNA
- Inner wisdom, internal strength and inner power
- Gaining great strides in health, longevity and energy alignment

## 04 The Training is about

- The Inner Alchemy Qigong Training Series are a series of experiential workshops in which:
  - to expect accelerated learning through a mix of practices and theory
  - to have an opportunity to meet others who are walking also this unique Taoist path
- The training offers:
  - individualized coaching and support to help you to make the practice more accessible and give explanations to allow the knowledge to drop deeper within you
  - chance to ask those questions you've been longing to ask
  - to learn from the questions and answers of others in your training group
- The study and learning can be done:
  - In live teachings or by Online within a group setting
  - In live teachings or by Online in private individually tailored setting

## 05 The Educational and Training Plan Curriculum

There are prerequisites before a new student can request an exam appointment with the certified instructor. Below are the minimum and recommended required training hours that must be accumulated prior to requesting an exam appointment.

### A Inner Alchemy Qi Gong Instructor Level 1

**Pre-requisites:** None

Minimum of total <b>40 hours</b> of workshop education in the subjects bellow				<b>Key</b>
in	Basics	min.	10 h	BA
in	Cranial Sacral Qigong	min.	10 h	} = <b>30 h</b>
in	Stem Cell Qigong	min.	10 h	
in	Wisdom Qigong	min.	5 h	
in	5 Element Qigong	min.	5 h	
				CSQ
				SCQ
				WCQ
				5EQ

Upgrade to Inner Alchemy Qigong Instructor Level II (key QI-2) when certified in all 4 discipline above and minimum 6 month teaching Level I

### B Inner Alchemy Qi Gong Instructor Level 2

**Pre-requisites:** Certified IAQG Instructor Level 1

Minimum of total <b>40 hours</b> of workshop education in the subjects bellow				<b>Key</b>
in	Basics	min.	10 h	BA
in	Tan Tien Qigong	min.	8 h	} = <b>30 h</b>
in	Tao Yin Qigong	min.	8 h	
in	Cosmic Healing Qigong	min.	4 h	
in	Golden Elixir Qigong	min.	10 h	
				TTQ
				TYQG
				CHQ
				GEQ

## NOTE:

The 40 hours above are the absolute minimum to gain a first experience of what the Inner Alchemy Qigong Training is all about. According to your level and experience in energy training, your education and your theoretical background, you might need more hours than the minimum of 40 hours. If you are a new student in the Universal Healing Tao System, to teach well in theory and practice might further imply:

- For Level 1 approximately 60 - 90 h or more of personal study and practice over 6 months to 1 year
- For Level 2 approximately 90 - 120 h or more of personal study and practice over 6 months to 1 year

## 06 Evaluation

The hours needed for evaluation depend on **how many forms and which forms the student asks to be evaluated in**. Therefore, the **hours and costs** of the evaluation can vary.

Inner Alchemy Qigong Instructor Level 1	between 2 to 10 hours	private or group setting
Inner Alchemy Qigong Instructor Level 2	between 2 to 10 hours	private or group setting

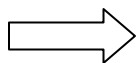
## 07 Certification

To get certified the Trainee has to pass min. 1 of 4 disciplines of Level I (or Level II). Trainee can upgrade any time when ready.

Approximately 1 to 3 weeks after passing an exam, you will receive a certificate as an Inner Alchemy Qigong Instructor Level I or Level II with the keys of the forms in which the exam was successfully passed.

## 08 Upgrading to Associate Instructor

After having certified in Inner Alchemy Qigong Instructor Level 2, you will need 40 hours training in Basics to upgrade to the status of Universal Healing Tao Associate Instructor, allowing you to teach the Basics.



The description of the UHT Associate Instructor training can be found on our website

## 09 Prices

### A Prices of Program for Level 1 and Level 2

<a href="#">see page 5</a>	Program UHT Inner Alchemy Qigong Instructor <b>Level 1</b> Includes: 48 h of seminar participation Course Material 8 h review day	CHF 1690
<a href="#">see page 5</a>	Program UHT Inner Alchemy Qigong Instructor <b>Level 2</b> Includes: 48 h of seminar participation Course Material 8 h review day	CHF 1690

## **B Coaching, Supervision, Private and Revision Sessions**

If the instructions of 48 hours were not sufficient for you there is always the possibility to take an individual lesson (by appointment) for questions, corrections, review etc.

1 h	CHF 120	by appointment
2 h	CHF 190	by appointment
3 h	CHF 320	possibility 1 09.00 - 12.00 possibility 2 14.00 - 17.00 possibility 3 18.00 - 21.00
4 h	CHF 430	09.00 - 13.00
5 h	CHF 490	09.00 - 12.00 13.00 - 15.00

## **C Evaluation fees**

Whenever you feel ready to evaluate one of the forms or more you can take an appointment for the evaluation.

fees	2 h	CHF 250
	3 h	CHF 330
	4 h	CHF 390

## **D Certification fees**

There is a fee of CHF 90 for issuing your UHT Certificate.

The fee is set according to current administration rates in Thailand.

## 10 Dates of Training Programs Level 1 and Level 2

### Note: Please contact us for your personalized program

The participation in the program bellow will credit you for the Min. of 40 hours plus 8 hours extra.

- **Level 1 Program:** choose one date for the basics that suits you.
- **Level 2 Program:** choose one date for Basics, Tan Tien Qi Gong, Tao Yin Qigong that suits you

Inner Alchemy Qigong Instructor Training Level 1					
Min. 40 h of classes are required to be able to apply for being evaluated in one or more forms					
The 40 h are divided as follows: Min. 10 h Basics / 30 h in the four forms					
	✓	choose any date for Basics you like			my
Choose <u>one Basic Workshop Date</u> from our Website Calander and get 8 h credit	Bern	BA	Basics	choose from 7 dates one date	8
SEE <u>fixed DATES</u> ON OUR WEBSITE	Bern	5EQG	5 Element Qigong		5
	Bern	CSQG	Cranio Sacral Qigong		10
	Bern	WQG	Wisdom Qiong		5
	Bern	SCCK	Stemmcell Qigong		10
This is a review day: for questions and repetiton of all practices					
SEE THE <u>REVIEW DATE</u> ON OUR WEBSITE	Bern	BA	Basic		2
		5EQG	5 Element Qigong		1
		CSQG	Cranio Sacral Qigong		2
		WQG	Wisdom Qiong		1
		SCCK	Stemmcell Qigong	choose from the 2 dates one	2
Inner Alchemy Qigong Instructor Training Level 2					
Min. 40 h of classes are required to be able to apply for being evaluated in one or more forms					
The 40 h are divided as follows: Min. 10 h Basics / 30 h in the four forms					
	✓	choose any date for BA, TTQG, TYQG,			my
You find all the workshop dates on our website and you can choose <u>one of the dates</u> available and get 8 h credit	Bern	BA	Basics	choose from 7 dates one date	8
	Bern	TTQG	Tan Tien Qigong	choose from the 2 dates one	8
	Bern	TYQG	Tao Yin Qiong	choose from the 4 dates one	8
Find the <u>fixed dates</u> on our website calander	Bern	CHQG	Cosmic Healing Qigong		4
	Bern	GEQG	Golden Elixir Qigong		10
This is a review day: for questions and repetiton of all practices					
SEE THE <u>REVIEW DATE</u> ON OUR WEBSITE	Bern	BA	Basic		2
		CHQG	Cosmic Healing Qigong		1.5
		TYQG	Tao Yin Qiong		2
		TTQG	Tan Tien Qigong		1
		GEQG	Golden Elixir Qigong		1.5

## II Inner Alchemy Qigong Instructor Level 1 & 2 Building a solid Foundation

In order to share the Inner Alchemy Qigong Forms it is recommended to build foundation and understanding of the Basics and Healing Love Practices within the UHT System.

### ● **BASICS**                    **ESTABLISHING THE FOUNDATION**

The Taoist Inner Alchemy Level I training for beginners and intermediate level practitioners, and those desiring a review of first essentials. This workshop includes the Inner Alchemy basics of: Back to the Body Wisdom, Inner Smile, Emotional Wisdom, 6 Healing Sounds, Born again process, Microcosmic Orbit, Tan Tien/North Star connection and Taoist 5 Elements theory and Six Directions. These foundational practices will awaken your qi/life-force energy. Explore ways to stay centered and grounded and to cultivate your own life-force.

**These foundation practices bring you back to the body's wisdom.**

#### **Learning:**

- Manage your Emotions ~ release & recycle negative energy
- Transform Stress into Vitality
- Strengthen your Immune System
- Open your Energy Channels
- Develop Healing Power through Primordial Qigong
- Increase your healing and cosmic power

### ● **HEALING LOVE**                    **SEXUAL ALCHEMY** **THE KEY AND MULTIPLICATOR FOR INNER ALCHEMY**

Sexual energy is an extremely powerful tool for revitalization and accessing higher spiritual energy. The secrets of recycling your life-essence are revealed in order to increase longevity, improve your quality of life and love-making. Feel the loving energy that really heals!

By learning the Healing Light practices and Sexual Alchemy, you will have a good foundation to progress in the Inner Alchemy Qigong Series.

#### **Learning:**

- Transform Sexual Energy to Strengthen Your Body, Mind & Spirit
- Become Multi-Orgasmic Man & Woman
- Practice sexual Reflexology
- Practice Dual Cultivation/Harmonious Love-Making
- Differentiate between types of Orgasm for Women & Men
- Establish the harmony of Yin & Yang / Combine the Energies of Sex & Love
- Increase your Creative Power & Wisdom
- Practice Taoist Techniques for Sexual Healing

# III The Inner Alchemy Qigong Forms

## for Inner Alchemy Qi Gong Instructor Level 1

### ● CRANIO SACRAL CHI KUNG

This Qigong integrates physical energy and emotion in the cosmic flow. By focusing on the cranial and sacral pumps and the flow of cerebrospinal fluid you can optimize your nervous system and the flow of your energy. Healthy internal movement results in a harmonious external environment and a sense of being at one with the Universe. Cranio-Sacral Qigong offers simple, powerful self-care practices to do at home or teach to others.

#### **Learning:**

- Activate the major energy pumps
- Increase flexibility of your spine and flow of spinal fluid
- Optimize your nervous system and the body's energetic flow
- Access the movement and energy of your bones
- Develop a deeper connection to your body and a more profound way of moving

### ● WISDOM CHI KUNG

Those who think a lot, worry a lot, or dwell on emotions use 80% of their total body energy through brain activity. Using Taoist techniques you can double or triple your mind power and gain vitality in your body and organs. Normally as people get older the brain starts to shrink. With Wisdom Qigong, the brain can actually get bigger and become more alert, and be charged by the energies of the Universe.

#### **Learning:**

- Recharge and repair your brain
- Increase memory and brain function
- Expand your mind power and consciousness
- Connect with your abdominal brain to reduce energy loss
- Transform excess brain activity to revitalize the organs
- Gain wisdom as you connect with the infinite Universe above

### ● STEM CELL ACTIVATING CHI KUNG

For more than 5000 years Taoist Masters discovered that our body has an amazing regenerating, repairing and rebuilding power. By gently using a hitting technique to the body and organs, the old, sick and damaged cells will be broken down and then completely repaired by your stem cells. Stimulating and strengthening the immune system is the key to maintaining a healthy life. Stem Cell Qigong is also known as reprogramming the DNA.

#### **Learning:**

- Rebuild and renew white and red blood cells
- Produce new stem cells
- Strengthen your immunity
- Improve your health and vitality with self care practices
- Develop a life of longevity and anti-aging
- Facilitate your body reaching its full potential

## ● 5 ELEMENT QIGONG

This easy to follow Qigong involves an extensive range of movement and breath work that activates all of the internal organs and soft tissue related to the 5 Elements. Opening the joints, relaxing the muscles, releasing tension and strain that build up from everyday living. Experience ways to activate your diaphragm with breath work and build up the connection to your all important Tan Tien for energy storage. 5 Element Qigong is perfect for beginners and ideal as a warm-up to more advanced practices. The best way to start your day!

### **Learning:**

- Clear physical and mental stress, release tension and remove blockages
- Improve circulation, relax your muscles, loosen your joints, strengthen your tendons
- Gain flexibility and suppleness in your spine
- Stimulate your immune system and develop radiant health
- Activate all of the internal organs and meridians ~ integrating the 5 elements within
- Develop a simple daily routine to do yourself and teach others

# IV The Inner Alchemy Qigong Forms Level 2 for Inner Alchemy Qigong Instructor Level 2

## ● TAN TIEN QIGONG

The Lower Tan Tien is the energy reservoir of the body – the bio-battery. It is the centre of activation and balancing of primal energies. The Tan Tien is a container of Qi and deserves adequate attention for its essential role in our energy management. This is the cornerstone of the Taoist practice. Mantak Chia says that without awareness and actively working with the Tan Tien, you have no practice. Come to know the power of your Tan Tien as you learn the 11 animal postures and the Tiger and Dragon Breath in this grounding, centering Qigong form.

### **Learning:**

- Connect with your abdomen as your first brain, enhancing its ability to store energy
- Increase the power in your perineum – and prevent energy leakage
- Develop internal Qi Pressure, strengthening your organs and fasciae
- Nourish your centre and refine your energies and emotions
- Provide grounding and structure to advance in all levels of the Universal Tao practices

## ● COSMIC HEALING QIGONG

This form, also known as Buddha Palm is a healing form. It trains the practitioner in moving and channeling Qi. As you learn this form, you'll feel Qi coming into your body and hands and be able to project Qi with your fingers. The key is to be connected to the Universe and develop an ability to expand your awareness to nature and beyond the visible to the Source of your power.

### **Learning:**

**Part 1:** Connect to Heaven and Earth - this is very beneficial for self-healing. Learn to open to the forces in the macrocosm and let them flow through you, making you infinitely more effective and energized.



**Part 2:** Open the Bridge and Regulator Channels - here you will learn to open the 8 extraordinary channels. You'll also learn to take in Universal Qi and emit Qi from your body to help others, which is the essence of this form.

**Part 3:** Opening the Functional, Governor and Thrusting Channels - here you'll learn to enhance the energy in the points along the channels, the reservoirs of yin and yang in your body. As part of this process you become much more sensitive to Qi.

**Part 4:** Activate One-Finger Art and your Qi Belt - finally you'll learn the yin and yang channels of the arm and activating the Chi belt around the waist. You will develop mastery of emitting and directing energy from your fingers.

## ● TAO YIN QIGONG

Tao Yin is a series of exercises which helps to recondition the spine and psoas muscle and facilitates the flow of chi in the meridians.

### Learning:

- Strengthen the internal organs
- Unify physical, mental and spiritual health
- Improve patterns of physical alignment
- Develop elasticity in your spine and psoas
- Allow the free flow of energy/chi/life-force
- Establish roots to the earth's energy
- Build the foundation for higher spiritual work

## ● GOLDEN ELIXIR QIGONG (Five Finger Kung Fu)

The practice of Elixir Qigong uses the energies of the hair, sense organs and saliva to strengthen the physical body. Golden elixir, also known as nectar, is the fountain of life. This is the mixture of saliva, other hormonal fluids and external essences that, when mixed, becomes an elixir. This elixir is a major transformer for higher spiritual work and has the power to heal oneself. Elixir Qigong practice involves breath work, swallowing saliva and techniques of internal power using the fingers and palms (known as Five Finger Kung Fu). It also includes a hair breathing practice - the hairs act as antennae - radiating out to nature and the Universe and drawing in energy.

### Learning:

- Gain health benefits when you combine chi and oxygen with saliva
- Transform sexual energy into chi by combining sexual hormones and saliva
- Absorb the essence of Nature elixir, Cosmic elixir and Universal Elixir
- Draw Universal Qi and surplus energy back into the body by breathing through your hair
- Increase internal power and strengthen your fingers
- Store the potent elixir in the Tan Tien and build energy reserves