

2026	CALENDAR			Provisional dates January to June		Costs	
Saturday	10	11	January	Bern	Basic Energy Self Management	360	2 day workshop
Saturday	17	18	January	Bern	Healing love for women, men, partners	360	2 day workshop
Wednesday		21	January	Bern	Introduction to the UHT system	120	3 hours evening seminar no. 1
Saturday		24	January	Bern	Introduction to 5 organ abdominal self-massage and Chi Qong	210	1 day workshop
Sunday		25	January	Bern	Iron Shirt I and Tao Yin	210	1 day workshop
Saturday		31	January	Bern	Tan Tien Chi Kung	210	1 day workshop

Saturday	7	8	February	Bern	Basic Energy Self Management	360	2 day workshop
Wednesday		11	February	Bern	4-dimensional health in 24-hour everyday life - how is that possible?	120	3 hours evening seminar no. 2
Friday		13	February	Bern	Community Meeting of UHT Switzerland	0	UHT SWITZERLAND MEETING
Saturday	14	15	February	Bern	Healing love for women, men, partners	360	2 day workshop
Saturday	28	1	March	Bern	UHT Instructor Training 1 - Part 1	990	UHT training: Upgrade in healing love
Saturday	7	8	March	Bern	Tai Chi Chi Kung I & Tan Tien Chi Kung	360	2 day workshop
Friday	13	15	March	Bern	Associate Instructor Training Part 1 German / English	1960	UHT training: UHT Associate Instructor
Wednesday		18	March	Bern	Activating, guiding and storing energy in the body	120	3 hours evening seminar no. 3
Saturday	21	22	March	Bern	Basic Energy Self Management	360	2 day workshop
Saturday	28	29	March	Bern	Create your 24h 4-Dimensional Health® and flowjoy© lifestyle	360	2 day workshop
Saturday		11	April	Bern	Iron Shirt I and Tao Yin	210	1 day workshop
Sunday		12	April	Bern	Wisdom Qigong	150	UHT training: Inner Alchemy Qi Gong
Saturday	18	19	April	Bern	Healing love for couples	390	2 day workshop
Wednesday		22	April	Bern	Sexual energy competence and creative energy	120	3 hours evening seminar no. 4
Saturday	25	26	April	Bern	Tai Chi Chi Kung II (fast form)	360	2 day workshop
Friday	1	3	May	Bern	Associate Instructor Training Part 2 German / English	1960	UHT training: UHT Associate Instructor
Saturday	9	10	May	Bern	Healing love for women, men, partners	360	2 day workshop
Saturday	16	17	May	Bern	UHT Instructor Training 1 - Part 2	990	UHT Training: Upgrade in Healing Love
Wednesday		20	May	Bern	Chi Nei Tsang - train your second brain through 5-organ abdominal massage	120	3 hours evening seminar no. 5
Saturday		23	May	Bern	5 Element Qigong	150	UHT training: Inner Alchemy Qi Gong
Sunday		24	May	Bern	Iron Shirt I and Tao Yin	210	1 day workshop
Saturday	30	31	May	Bern	Basic Energy Self Management	360	2 day workshop

Saturday	13	14	June	Bern	UHT Instructor Training 2 - Part 1	990	UHT training: Upgrade in healing love
Saturday	20	21	June	Bern	Fusion I - inner alchemy of the 5 elements	390	2-day workshop
Wednesday		24	June	Bern	Transform fear - recharge your batteries - live a healthy life	120	3 hours evening seminar no. 6
Saturday	27	28	June	Bern	Cranio Sacral Qigong	360	UHT training: Inner Alchemy Qi Gong
Wednesday		1	July	Bern	High energy instead of burning out - fully recharge your inner battery	120	3 hours evening seminar no. 7
Saturday	4	5	July	Bern	Bone Marrow Nei Kung Healing and renewal of the bone marrow	360	2 day workshop
Saturday	11	12	July	Bern	UHT Instructor Training 2 - Part 2		UHT training: Upgrade in healing love

2026 CALENDAR				Provisional dates July - December		Costs	
Saturday	15	16	August	Bern	Basic Energy Self Management	360	2 day workshop
Saturday	22	23	August	Bern	Healing love for women, men, partners	360	2 day workshop
Wednesday		26	August	Bern	The multi-orgasmic couple: balancing Eros-Agape-Amor with joy	120	3 hours evening seminar no. 8
Saturday	29	30	August	Bern	Basic Energy Self Management	360	2 day workshop

Saturday	5	6	September	Bern	Healing love for couples	390	2 day workshop
Tuesday		8	September	Bern	Fusion I Repetition Formula 1 - 5	96	1/2 Tag Workshop
Tuesday		8	September	Bern	Fusion II und III Repetition	96	1/2 Tag Workshop
Wednesday		9	September	Bern	Fusion I-III Repetition plus Formula 6 - 9	210	1 Tag Workshop
Friday	18	20	September	Bern	Associate Instructor Training Part 1 German / French	1960	UHT training: UHT Associate Instructor
Wednesday		23	September	Bern	Model of 4-Dimensional Health® and flowjoy© in 24h everyday life	120	3 hours evening seminar no. 9
Saturday	26	27	September	Bern	Bone Marrow Nei Kung Healing and Renewal of the Bone Marrow	360	2 day workshop

Saturday	3	4	October	Bern	Fusion II & III - Next level after Fusion I	390	2 day workshop
----------	---	---	---------	------	---	-----	----------------

## The legendary grandmaster Mantak Chia comes to Switzerland for a week - Bern

Friday	9		October	Bern	Lecture UHT System & Tao of Immortality		The legendary grandmaster Mantak Chia is coming back to Switzerland for the second time to Bern. Reserve your place today, as there are only a limited number of seats available!
Saturday	10	11	October	Bern	Basic Energy Self-Management Course		
Monday	12	13	October	Bern	Healing Love Secrets of the Tao of Love for Women, Men, Couples		
Tuesday	13		October	Bern	UHT Switzerland Instructors Meeting with Grandmaster Mantak Chia		
Wednesday	14		October	Bern	Fusion I		
Thursday	15		October	Bern	Fusion I		

Saturday		17	October	Bern	Iron Shirt I and Tao Yin	210	1 day workshop
Sunday		18	October	Bern	Tan Tien Chi Kung	210	1 day workshop
Wednesday		21	October	Bern	Sexual energy competence and creative energy	120	3 hours evening seminar no. 10
Saturday		24	October	Bern	Cosmic Healing Qigong	150	UHT training: Inner Alchemy Qi Gong
Sunday		25	October	Bern	Introduction to 5 Organ Abdominal Self Massage and Chi Qong	210	1 day workshop
Saturday	31	1	November	Bern	Golden Elixir Qigong	360	UHT training: Inner Alchemy Qi Gong
Donnerstag	5	8	November	Bern	Lesser Kan & Li - Next level after Fusion I (II & III)	690	4 day workshop
Friday	14	15	November	Bern	Associate Instructor Training Part 2 German / French	1960	UHT training: UHT Associate Instructor
Wednesday		18	November	Bern	High energy instead of burning out - fully recharge your inner battery	120	3 hours evening seminar no. 11
Saturday	21	22	November	Bern	Basic Energy Self Management	360	2 day workshop
Saturday	28	29	November	Bern	Tendon Nei Kung Strengthening and renewing the tendons	360	2 day workshop

Wednesday		2	December	Bern	Compassion, orgasm and infinite life	120	3 hours evening seminar no. 12
Saturday		5	December	Bern	REPETITION IAQG LEVEL 1	210	UHT training: Inner Alchemy Qi Gong
Sunday		6	December	Bern	REPETITION IAQG LEVEL 2	210	UHT training: Inner Alchemy Qi Gong