



Module	Chi Nei Tsang® Massage Sessions
Description	<p>Chi Nei Tsang massage is part of the Universal Healing Tao system founded by Taoist Grand Master Mantak Chia. Chi Nei Tsang is a Chinese term meaning energy massage of the internal organs. Derived from traditional Chinese medicine, it relieves stress and supports healing using techniques that apply directly to the navel and vital organs such as the intestines and stomach. It is an active massage in the sense that it is accompanied by self-healing techniques through meditation and Qi Gong that can easily be integrated into the Western way of life. "Our two brains, the one in our head and the one in our guts, have to cooperate. Otherwise, it's chaos in our belly and misery in our head. » (Michael Gershon, "The Second Brain")</p>
Content	5 Session to detoxify and revitalize the 5 major organs
Learning objectives	<p>Enhance the quality of life by acquiring more energy and vitality Inner power, direction and wisdom by reconnecting to your 2nd Brain Learn self-healing tools such as self-massage, meditation for organs and Qi Gong Change your eating habits by listening to your body's messages</p>
Methodology	5 Sessions to detoxify and revitalize our 5 major organs
	Session 1: Relax and open the abdomen and navel area
	Session 2: Small intestine diaphragm, large intestine
	Session 3: Liver, gallbladder, pancreas, spleen, stomach
	Session 4: Heart and Lungs
	Session 5: Kidneys, psoas, bladder, uterus, ovaries
Recommendation	As preparation for the massage sessions, we recommend that you take care of your diet
	Do not drink coffee or alcohol.
	Small intestine detox and colon irrigation
Date	On request
Language	English and French
Duration	1 Hour
Time	Monday, Tuesdays, Thursdays and Friday
Location	Lausanne
Therapist	CNT Senior Teacher Veetao Hogan



Module	Chi Nei Tsang® Introduction Day
Description	<p>This day serves to present an overview of the different aspects of Chi Nei Tsang (CNT). It can be followed by personal interest or by those who wish to participate in the training of CNT 1 of which it is the 1st module. The CNT is part of the Universal Healing Tao system created by Taoist Grand Master Mantak Chia. "Chi Nei Tsang" is a Chinese term which means energy massage of the internal organs. Derived from traditional Chinese medicine, it helps relieve stress and support healing through techniques that are applied directly to the navel and vital organs such as the intestines and stomach. It is an active massage in the sense that it is accompanied by self-healing techniques through meditation and Qi Gong that are easy to integrate into our Western way of life.</p>
Content	<p>Overview of all aspects of Chi Nei Tsang massage</p> <p>Self-massage</p> <p>Massage on partner</p> <p>Organ meditation</p> <p>Qigong</p>
Prerequisites	None
Learning objectives	<p>Energetic self-massage as a self-healing tool</p> <p>Experience of giving a simple massage to a partner</p> <p>Learn the basics of a powerful warm-up</p> <p>Reconnect to your 5 vital organs by smiling at them</p> <p>Transform your emotions from negative to positive with the 6 Healing Sounds</p>
Methodology	<p>Theory and practise</p> <p>Individual, group and partner exercises, questions and answers</p>
Recommendation	<p>As preparation for the course, please read, for example, the following books:</p> <p>Turn your stress into vitality</p> <p>Chi Nei Tsang 1: Internal Organs Chi Massage (from Mantak Chia)</p>
Date	https://www.universal-healing-tao.ch/en/calendar
Language	English, French, German
Duration	1 Day
Time	09.15-13.00 / 14.00 -17.00
Location	Lausanne
Teacher	CNT Senior Teacher Veetao Hogan



Module	Chi Nei Tsang® 1 Training 1st Cycle
<p>Description</p> 	<p>During this training, you will learn massage techniques for the navel and vital organs to release tension, toxins, excessive heat and negative emotions accumulated in the belly. You will also learn how to educate your clients about health: the role of the practitioner of Chi Nei Tsang is above all to reconnect individuals to their immense powers of self-healing.</p> <p>The training also includes the teaching of energy meditation and Qi Gong practices, such as the Inner Smile, the 6 Healing Sounds and the Iron Shirt Qi Gong. As a practitioner, you will use these basic practices to keep yourself at a high energy level. You will also learn how to pass these tools on to your clients, empowering them to take full responsibility for their health.</p> <p>This training will guide you from your status as a Chi Nei Tsang I trainee to that of a certified Chi Nei Tsang I practitioner, supporting you step by step in the development of your practice. It is intended for students of the Universal Healing Tao, health professionals, therapists, masseurs or those who simply wish to deepen their self-healing and spiritual growth.</p>
Content	Massage Techniques
	Session 1: Relaxing and opening the belly and navel area
	Session 2: Small Intestine, Diaphragm, Large Intestine
	Session 3: Liver, Gall Bladder, Pancreas, Spleen and Stomach
	Session 4: Heat and Lungs
	Session 5: Kidneys, Psoas Muscle, Bladder, Uterus and Ovaries
	Review the Universal Healing Tao Basic Practices
	Chi Kung Warm Up
	Inner Smile Meditation
	Iron Shirt Chi Kung (Tree and Turtle Postures)
	Six Healing Sounds Meditation
Prerequisites	CNT Massage Sessions (optional but minimum 5 Sessions recommended)
	CNT Introduction Day
Designed for	UHT Students, Health Professionals (Nurses etc), Body Workers, Therapists or
	individuals who want to deepen their self-healing and their own spiritual growth
Learning objectives	Learn to release tensions, toxins, excessive heat and negative emotions
	Learn how to introduce clients to powerful self health prevention tools
	Learn to practice powerfull Energy Self Management tools
	Learn basis of organ anatomy
Methodology	Theoretical Inputs
	Individual and Group Exercises
	Study Cases to collect to apply for the 2nd Cycle Certification Training
Advice	In perparation for the course please read the following books:
	Transforming Stress into Vitality
	Chi Nei Tsang 1: Internal Organ Chi Massage
Date	https://www.universal-healing-tao.ch/en/calendar
Language	French, English (transaltion in German possible)
Duration	5 Days
Time	09.15-13.00 / 14.00 -17.00
Location	Lausanne
Teacher	Senior CNT Teacher Veetao Hogan



Module	Chi Nei Tsang® Supervision
Description 	<p>This module can be done privately or in a group. The goal is to give trainees in Chi Nei Tsang the opportunity to get answers to their questions about their practical cases and the experiences they have acquired so far. They will also have the chance to be shown and practice more complex techniques.</p>
Content	Please see on our "Website" www.universal-healing-tao.ch
Prerequisites	Chi Nei Tsang 1 - 1st Cycle Training
Learning objectives	Clarification through your questions Review of the most complex techniques
Methodology	Theory and Practice
Recommendation	In preparation for the course please prepare your questions well.
Date	https://www.universal-healing-tao.ch/en/calendar
Language	English, French
Duration	Privat 1 hour or more; Group 1/2 Day or 1 Day
Time	On request
Location	Lausanne
Teacher	CNT Senior Teacher Veetao Hogan



Module	Chi Nei Tsang® 1 Training 2nd cycle
Description 	<p>The 1st day of this training is only dedicated to 2nd cycle trainees. This is the opportunity for them to be pre-evaluated and to estimate where they are in their CNT massage techniques and their sharing of UHT meditation practices. During the following 4 days, they will be able to review the massage techniques but with specific tasks and in small groups.</p>
Content	Pre-evaluation Day
	Overview Massage Techniques
	Review UHT Basics
	Review the Universal Healing Tao Basic Practices
	Chi Kung Warm Up
	Inner Smile Meditation
	Iron Shirt Chi Kung (Tree and Turtle Postures)
	Six Healing Sounds Meditation
Prerequisites	CNT 1 First Cycle Training
	Completion of the CNT 1 Study Cases
Designed for	CNT 1 Trainees
Learning objectives	Be assessed in the UHT Practices and CNT 1 Techniques
	By assisting the CNT 1 Teacher, learn at different level
Methodology	Theoretical Inputs
	Individual and Group Exercises
Date	https://www.universal-healing-tao.ch/en/calendar
Language	French, English (translation in German possible)
Duration	5 Days
Time	09.15-13.00 / 14.00 -17.00
Location	Lausanne
Teacher	CNT Senior Teacher Veetao Hogan



Module	Chi Nei Tsang® 2 Training 1st Cycle
Description 	<p>Chi Nei Tsang 2 aims at chasing what the Ancient Taoist called « Winds ». These negative winds are energetic forces with external origins (for instant climatic) or internal (diet, emotions or thoughts). When trapped in the body, they hinder the circulation of positive energies in the different channels and meridians and cause different symptoms like skin rashes, migraines, fatigue, unexplained pain etc... Chi Nei Tsang 2 is a gentle but powerful technique that helps catching these winds and liberate the body from them.</p>
Content	12 Winds
Prerequisites	Chi Nei Tsang 1
Learning objectives	Memorize and Practice the CNT 2 Points
	Learn the 12 Winds
Designed for	UHT Students, Health Professionals (Nurses etc), Body Workers, Therapists or individuals who want to deepen their self-healing and their own spiritual growth
Methodology	Theoretical Inputs
	Individual and Group Exercises
	Study Cases to collect to apply for the 2nd Cycle Certification Training
Recommendation	In preparation for the course please read the following books:
	Transforming Stress into Vitality
	Chi Nei Tsang 2: Winde jagen (Mantak Chia)
Date	https://www.universal-healing-tao.ch/en/calendar
Language	French, English (translation in German possible)
Duration	4 Days
Time	09.15-13.00 / 14.00 -17.00
Location	Lausanne
Teacher	Senior CNT Teacher Veetao Hogan