



Seminar

Become UHTS Associate Instructor in
Grandmaster MANTAK CHIA System



Taoist Internal Alchemy at the heart of Qi Gong

With Fabienne FLAMAND

Universal Healing Tao System Senior instructor
Founder of l'Ecole du Tao Vivant



DU 11 au 18 AOÛT 2019

le Domaine de la Dune
**At Arcachon
FRANCE**



Our program of the week

You are going to deepen your knowledge in the art of practicing and teaching *Universal Healing Tao Basics*. You will see how its universal and natural principles can help you to flourish in your Qi Gong practice. At the end of the week you will be able to practice by yourself and teach the 4 basic steps of internal vital energy (Qi cultivation):

- Re-connection
- Alignment
- Circulation
- Storage and Multiplication

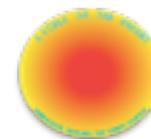
During this seminar we will study *Universal Healing Tao Basics*:

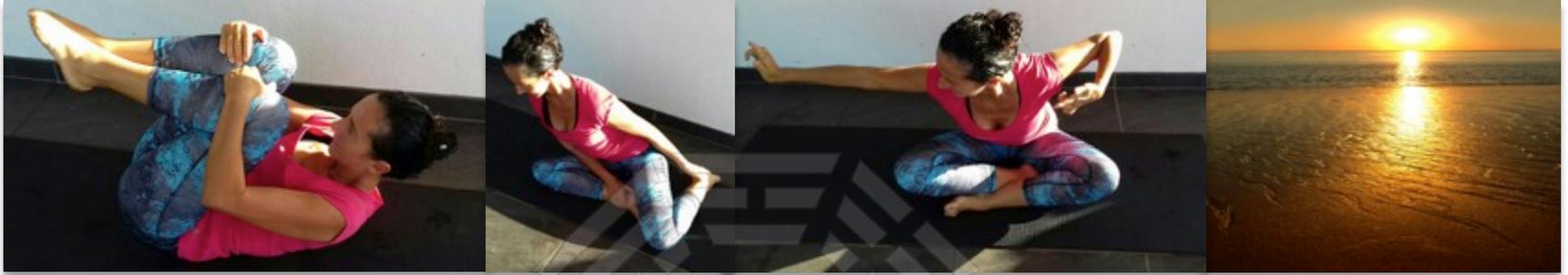
- Taoist Chi Selfmassage to revitalize your Chi and blood
- The Inner Smile
- The 6 Healing Sounds
- The Microcosmic Orbit
- Iron Shirt Qi Gong of *Embracing the Tree* and holding the *Turtle* and *Water Buffalo* postures
- Tao Yin



In addition to this basic program and to allow you to increase the field of your knowledge, to feel even more rooted and stronger and to stimulate the radiating of your innate vital force, we will draw from various other Qi Gong and UHTS Nei Gong types:

- Craniosacral Qi Gong
- Stem Cells Qi Gong & Bone Marrow Nei Gong
- Sexual Qi Gong
- Five Elements Fusion 1
- Shaolin 5 Animals Qi Gong

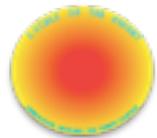




New opportunity in 2019: discover and practice Tao Yin!



Tao Yin is a taoïst practice based on ground movements. The goal of this ancient taoïst healing art is to prepare the body to higher levels of Qi Gong practices and Inner Alchemy. During *Tao Yin*, the accent will be put on Kidneys and lumbar/lower back mobility region: you will learn how to concentrate even more energy in your core, the vital center, your lower Dan Tien. Your chest area will become lighter and more free of emotional blockages. *Tao Yin* means: « Where breath goes, energy goes » . It will enable you to breath deep and to slow down, feeling your deep body structure. This is essential in Qi Gong: as a taoïst practioner it will make you feel more supple, enhance your mobility in further kinds of movements. It will also support you on your path of emotional, mental and spiritual transformation.



Two different levels of *Tao Yin* are taught by l'Ecole du Tao Vivant:

- **1st level:** Practice the postures, experience internal tone and deep relaxation – Become a 1st Level Tao Yin Teacher
- **2nd level:** Alchemical Tao Yin - Become a 2nd Level Tao Yin Teacher

Level 1 will be taught during this 2019 seminar. Only *UHTS Certified Insrtructors* will be allowed to get a *UHTS Certification* in this level during this 2019 seminar.

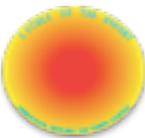


Who is this seminar for?

Everybody wanting to deepen her/his practice and knowledge in the *Universal Healing Tao* and *Qi Gong* is very welcome to this seminar. Becoming an *UHTS Associate Instructor* at the end of the week is not a must.

There are 4 different ways of attending to the seminar:

- **Discover and energize yourself**
You want to relax, revitalize yourself and regenerate your vital force in a nice environment, and nice and friendly atmosphere, and to stimulate your body awareness thanks to the taoist treasures of rejuvenation
- **Explore deeper:**
You don't have enough practice and experience yet but you'd like to progress on the *UHTS Certification* path: you are at « Exploration » level: during this seminar you will go deeper, trust yourself even more. In this case you won't be certified at the end of the week.
- **Associate Instructor Certification Level:**
You have enough practice and experience (at least 1 year of intensive practice of the UHTS Basics) and you did attend to many workshops with Master Chia or Senior and Certified Teachers (at least 70h of education), you are at *Associate Certification Level*: you are going to enhance your experience of teaching the core practices of taoist energetics. In this case you will have the possibility to certify and become a *Universal Healing Tao System Associate Instructor* at the end of the week.
- **Advanced Certification levels:**
You are already a *UHTS Certified Instructor* and you want to go further in your certification path. You can certify in *Tao Yin* with Fabienne and team during this seminar. This certification will be validated by Master Chia.





Goals of the seminar

During the whole week we will concentrate on practice, body, and feeling our vital energy. Theory will be systematically integrated into body expérience. The Tao is a practical path.

You will root your personal practice and teaching experience more deeply and revitalize and energize yourself during a powerful week of intensive training at the Atlantic Coast!

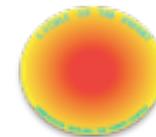
A certification training



You are going to take part in a certification week: if you want to become an *UHTS Associate Instructor* and if you are ready for it, you will have to lead a 30min class and teach your favorite *Tao Basics* in front of a group of students at the end of the week (a certain amount of previous training is requested, please contact Fabienne personally for more information about the requirements fabienne@taovivant.com or see directly *UHTS Certification Requirements* on the internet: <https://www.universal-tao.com/wutif/associate-instructor.html>).

This Certificate will be validated by Master Mantak Chia and you will be allowed to teach the *Universal Healing Tao System Basics* in your local area. You will be taught by a fully experienced *Senior Instructor*, Fabienne who is dedicated in the art of training teachers. The *Associate Instructor Level* is a first step towards upgrading to higher levels of certification with Master Chia himself at Tao Garden in Thailand or later on with Fabienne.

The certification process



What we expect from you if you want to become an *UHTS Associate Instructor* is a good quality of practice of the *Universal Healing Tao Basics*. The quality of your teaching depends on the quality of your own practice! The same qualities are required for *Certified Instructors* wanting to upgrade during the week *in Tao Yin*.

Your ability to share your practice with a group of students will be observed during the whole week by our team of an *UHTS Senior Instructor* and two *UHTS Certified Instructors* (80%) and evaluated during a teaching session on the last day (20%).

As an *Associate Instructor* you will be certified in *UHTS Basics*: Simple Qi Gong warm ups, Chi Self Massage, Inner Smile, Six Healing Sounds, Microcosmic Orbit and basic Iron Shirt (The Tree and the Turtle/Buffalo positions). You will be pushed in the Tree and Turtle positions, this is how your inner structure will be tested. *UHTS Certified Instructors* can upgrade to *Tao Yin Certification* during this seminar.



Our schedule of the week

- **6.30 – 8.00 Am : Awaken your Life Force with *Tao Yin* and morning *Internal Alchemy***

8.00 – 9.00 Am : Breakfast

9.00 – 9.45 Am : Relax and practice by yourself

- **9.45 – 12.00 Am : How to teach Taoist Internal Alchemy and its fundamental and universal principles in Qi Gong exercises: theory and practice**

12.00 Am – 1.00 Pm : Lunch

1.00 – 3.00 Pm : Relax and practice by yourself

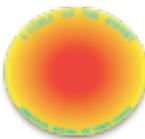
3.00 Pm : We leave for the ocean's beach by car

- **3.30 – 4.45 Pm : 5 Animals Shaolin Qi Gong energetic warm ups**

- **5.00 – 6.30 Pm : Group training – Teacher-trainees explore teaching to a group of students**

7.00 – 8.30 Pm : dinner and relaxation time

- **8.45 – 10.15 Pm : *Tao Yin* practice on the floor – How to go deeper in the teaching skills and deep relaxation**





Your Senior Instructor, Fabienne Flamand

Fabienne Flamand is *U.H.T.S. Senior Instructor (Universal Healing Tao System by Grand Master Mantak Chia)*. She is founder and director of *l'Ecole du Tao Vivant* since 1996. She teaches Taoist Inner Alchemy and Qi Gong with passion in private coaching sessions, daily group classes, workshops and retreats and dedicates her life to the search for vitality and balance in body, mind and spirit. In 2007 she was allowed by Master Chia to educate new *Associate Universal Healing Tao Instructors*. Since then she concentrates on this fabulous process: transmitting the art of vital force by teaching. She is also a *Certified Chi Nei Tsang Practitioner* (Taoist internal organs massage).

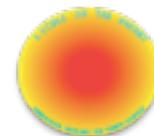
Fabienne will be assisted by:

Lila Verdi

Lila will translate the seminar from English to French
She is a *Certified Universal Healing Tao Instructor* and teaches in Paris at *Centre Génération Tao*

Eva van der Plas

She is a *Certified Universal Healing Tao Instructor*
Founder and Director of *Studio Luce Tao Lessen* in the Netherlands





For a fluid practical organisation!

The place:

Domaine de La Dune – 156, Boulevard de la Côte d'Argent – 33120 Arcachon – France
Phone: +33 05 56 83 80 65 – Website: www.ladune-arcachon.fr

The timing:

Your arrival is expected on August 11th around 6.00m pm to allow you to settle down in your room and have dinner at 7pm.

An introduction to the seminar will take place on August 11th at 8.30 pm

Beginning of the practice on August 12th à 6.30 am before breakfast.

End of the seminar: on August 18th at 12.00am (we will have lunch together a last time before leaving!)

To take with you to the seminar:

- A note book with transparent sheets for the hand-outs
- A Chinese Medicine manual with clear pictures of the meridians in it
- Your yoga-mat
- Your bamboo hitter if you have one (for strenghtening the bone marrow)
- Loose and supple clothes for the practice (sweater, socks and a jacket in case of rain)
- A water bottle
- Your bathing suit, hat or cap, and sun blocker

The fees:

Teaching (the accomodation is not included):

- Level « Discovery » » and « Exploration »: 700 € – 350 € deposit are requested at réservation
- Level « Certification »: 850 € – 400 € are requested at réservation

The Room & Board:

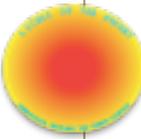
The full board is 50,50 Euros /day for everybody .

Please contact Fabienne fabienne@taovivant.com as soon as possible to reserve your room:

10 places available in single rooms with bathroom for the ten first suscribers.

12 Places in shared rooms (2 ou 3 beds with bathroom for the others 12 students.

Reserve your room as soon as possible!





To reserve and register

A deposit is requested at reservation and validates your registration: ★

- « Discovery » and « Exploration »: 350 Euros deposit requested at reservation
- « Certifications »: 400 Euros deposit requested at reservation

Please send your deposit to the following account :

Owner of the account: Mme Fabienne FLAMAND

Bank adress: LCL Crédit lyonnais - 47, rue République - 73200 Albertville France

RIB : 30002 02132 0000191651Q 92

IBAN : FR34 3000 2021 3200 0019 1651 Q92 BIC: CRLYFRPP

**Please send Fabienne an e.mail as soon as your deposit is sent
with your deposit name & date, to fabienne@taovivant.com**

Please add a copy of your deposit receipt. Your registration will be validated

To contact Fabienne: fabienne@taovivant.com

★ **Refund in case of cancellation:**

Before June 20th 2019: the full amount – from 06 / 20th to 07 / 20th: 150 Euros

From July 20th to the beginning of the seminar: no refund

*Welcome to all of you! It's a joy to get you to know
or to see you again!*

