Chi Nei Tsang Abdominal Release Workshop with Sarina Stone

The Ultimate Training for Massage Therapists

Taoist Medical Chi Kung – Chi Nei Tsang energetic abdominal massage

Come learn advanced methods of combining the power of the mind with 5000-year-old techniques (abdominal massage) for improving digestion, relieving toxic illness, and opening channels in the body so we may improve the flow of blood, oxygen, cerebral spinal fluid and vital energy to the brain and organs.

Items covered for Gold Coast CNT Level One Certification Workshop

- Diagnostic tools
- At least 2 fascia and skin clearing Chi Nei Tsang protocols
- Seated Medical QiGong (Inner Alchemy organs meditation)
- At least 3 colon detox Chi Nei Tsang protocols
- At least 2 small intestine Chi Nei Tsang protocols
- 1 Nerve Activation technique for improving organ function
- 1 psoas release technique
- Basic nutrition for intestinal health education
- 1 acid reflux technique
- 1 spine release technique (erector muscles)
- Multiple abdominal self-massage techniques
- Introduction to the Jade Egg exercises for women (men have opportunity to learn as well)

You will leave this course with specific Medical QiGong and Chi Nei Tsang abdominal massage protocols and exercises to activate and detoxify the body. You will understand why optimal organ, brain and spine function are the secrets to radiant health and longevity and have a clear understanding of what Chi Nei Tsang and seated Medical QiGong can do to improve physical and mental health.

Whether you are a therapist looking to integrate this into your practice or just looking to improve your own health, this course is for everyone interested in taking health to the next level!

About Sarina Stone - Certified Medical Chi Kung educator

Australia welcomes back international sensation and Master Mantak Chia’s Universal Healing Tao certified instructor, Sarina Stone. Her first visit in 2016 left many wanting more knowledge on the subjects of Natural Health, meditation and self mastery.
Sarina Stone is an educator who makes learning fun. Whether it is a participatory retreat for 3 to 5 days or a short lecture, Sarina’s audiences are always enthralled and walk away with techniques and ideas to maximize their potential for health, happiness and success.

“What I see and what I have felt is an intrinsic relationship between humanity and the building blocks of the Universe. At some point, unconditional love becomes the most important healing factor. This is The Way of Nature. Perhaps, this connectivity is the feeling of spirituality?”
-Sarina Stone
For more information about Sarina Stone, visit www.SarinaStone.com

Date: Friday 6th 7th 8th July 2018 (3 days)
Class Schedule:
9am-10am - Moving Chi Kung w/ Adam
10:00am-12pm - Class with Sarina Stone
12pm-2pm - Lunch
2pm-5pm - Class with Sarina Stone

Location:
Salacia Recreation club- 17 Killowill Avenue Paradise Point QLD 4216
Cost:
$475AUD
*Non-refundable after 01-07-18

Chi Nei Tsang & Private Instruction (1hour)
Cost: $150 AUD
Book a one on one session with Sarina Stone by emailing Adam Gokmen at info@healingtaoaustralia.com  Pay Healing Tao Australia in advance or pay Ms. Stone directly at time of service, private sessions are at the same venue as the workshop.

Support materials: available for purchase at special discount during retreat. Cash and credit welcome.

What to bring: Yoga mat or thick towel (you will use every day), plenty of filtered/clean drinking water for each day, organic coconut oil or massage oil and your own food.

Payment Options:
Book through website: www.healingtaoaustralia.com/events
EFT Payment: BSB: 014274  Acc no: 458907501  Bank: Anz
Pay Pal: adam.gokmen@gmail.com

Kind Regards, Adam Gokmen
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