



道家養生氣功

Taoist Meditation -- Microcosmic Orbit

The ancient Taoist meditation technique for healing and channeling the internal energy (Chi). Great for anyone seeking to relieve stress, release tension. Find out how you can connect to your mind and body, generate fresh feeling of energy and understand how to manage your life energy.

Learn to:

- let go of negative emotions and relax your body.
- use the inner smile and six healing sounds to cleanse the mind and body.
- use subtle breathing to awaken the inner healing power and gather Chi in your dan tien (丹田).
- activate and circulate your Chi through the two main acupuncture meridians.
- Self-healing

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幾千年來，氣功被人用於強壯身體和保健延壽
練氣功可以調攝心神，保持思想上的安定清靜，具強健身心效果
氣功能令真氣和順，用意御氣，意守丹田，增強正氣，從而減少和預防
疾病的發生 道家氣功囊括用六愈聲練習，以氣行任督二脈，氣功保健法

