

Introduction to Taoist ChiYoga With Ronald Holt



Details

Held at

The New Vision Center for
Spiritual Living
18010 N. Tatum Blvd in
Phoenix, AZ

Saturday, Nov 23, 2019
10am to 5:30pm
Tuition: \$99

Online Registration

Go to our online form at
www.solischool.org

After registration, a pay-
ment link will be sent to
you to complete your regis-
tration.

Items to Bring

Yoga Mat
Wear Loose Clothing
Notebook

*Due to the venue size, reg-
istration for this class is
limited. We expect a full
group, so please register
early!*

Seed of Life Institute and
The SOLi School

www.solischool.org

Enhancing Wellness via Therapeutic and Preventative Solutions for Stress

Saturday, November 23, 2019 in Phoenix, AZ

Taoist ChiYoga is an ancient healing and therapeutic art designed to free the body and mind of pain, anxiety, and burdensome memories that block the flow of chi (life force energy) that prevents overall well being. The practice is rooted in ancient Taoist and Buddhist healing techniques that combine gentle yogic exercise with breath work and guided meditation that facilitates holistic integration. During this one-day introduction you will experience, on a deep level, how Taoist ChiYoga works and how to use it effectively in your daily life for healing and spiritual growth.

Ronald Holt is a dynamic practitioner and teacher of Taoist ChiYoga and martial arts since his teenage years. He has been trained at the 500-hour master level in Hatha yoga in the USA, and as an instructor in Taoist yoga through several schools, spending time training at monasteries in S. Korea. He has been a workshop facilitator since the early 1990s, teaching workshops around the world in a variety of topics including sacred geometry, consciousness, meditation, yoga, and martial arts. He wishes to help people to heal and empower themselves through simple and effective methods that can easily be put into practice in daily life.

One-Day Intro Includes:

- Beginning and intermediate theory of Taoist ChiYoga Principles
- Training with non-invasive and gentle therapeutic exercises suitable for all levels of fitness
- Lecture and practice of basic Taoist ChiYoga breath work
- Learning about the internal psychosomatic energy system
- Practice of postures and breath work for building chi
- 5-Element Ki-Gong practice
- 12-Meridian Ki-Gong practice
- And much more
- **This program will kick start a bi-monthly practice class!**

