

OVERVIEW OF COURSES OF SYSTEM TAOYOGA UNIVERSAL HEALING TAO SLOVAKIA

Beginning Level 1: Awakening of healing light - Branch Tao for life

- Course 1: **Basic I Tao** – Inner light
Chi self-massage, Activation of Tiantien, Inner smile, 6 healing sound
Energetic centres, Opening of Microcosmic Orbit
- Course 2: **Basic II Tao** – Outer elixir
Cosmic inner smile, Three minds & fires, 6 directions
Earth, Cosmic & Heaven forces, Macrocosmic Orbit

Beginning Level 2: Development of inner strength - Branch Tao for life

- Course 3, 4: **Taoyin**: exercise of inner muscles & relaxing exercises
Practice of Taoyin consists of 2 methodical courses: Taoyin I, II
- Course 5: **Tiantien chikung** – energy of abdomen & back, 11 animal exercises
- Course 6,7,8: **Iron shirt chikung**: exercises for tendons, muscles, bones & packing of organs
Practice of Iron shirt consists of 3 methodical courses:
Iron shirt I – principle of rooting, 9 positions, breathing in bones & muscles
Iron shirt II – dynamic exercises of Neikung tendons
Iron shirt III – bones & building bone marrow
- Course 9,10,11,12,13: **Healing love** : Testicle & Ovarian Kung fu
Practice of Healing love consists of 5 methodical courses
Healing love I, Healing love II for self-cultivation meditations
Healing love for man, Healing love for woman
Chi weight lifting form man, Egg practice foe woman (part of Iron shirt III)
Healing love III – Cultivation for couples
- Course 14,15,16,17: **Fusion of 5 elements**, growing of virtues, opening of 8 psychic channels
Practice of Fusion consists of 4 methodical courses: Fusion I, II, III & Cosmic Fusion
- Course 18,19,,20,21: **Tai chi chikung**: Inner structure of Tai chi
Practice of Tai chi chikung consists of 4 methodical courses:
Tai chi chikung I - Form of 13 movements in 5 direction
Tai chi chikung I - Application of 17 principles in form, Application for self-defence
Tai chi chikung II - Dynamic form - discharging of energy
Tai chi chikung III – Tendons form
- Course 22: **Cosmic vision** – eye exercises
- Course 23: **Wisdom chikung** – meditation of Tao cosmology
- Course 24: **Cosmic chikung** – exercises of Tao cosmology
- Course 25: **Elixir chikung** – exercises for generating of elixir
- Course 26: **Taoist nourishing of 5 elements**: healing dietetics
- Course 27: **Tao of Breath**: Art of breathing, breathing Tao exercises
- Course 28,29: **Tao Astrology**: Application of Chinese Astrology: consists of 2 courses: Tao astrology I,II

Beginning Level 3: The Way of radiating health - Therapeutic branches

- Course ,28,29,30,31: **Cosmic healing**: Buddha palm – Kung Fu of 5 fingers
Practice consists of 4 methodical courses: Cosmic healing IA,IB,IC,II
- Course 32,33,34,35,36: **Chi Neij Tsang** massage
Practice consists of 5 methodical courses: Chi Neij Tsang I,II,III,IV,V

Middle level: Spiritual practice (week courses)

- Course 39: **Lesser enlightenment Kan & Li**: opening of 12 channels, development of Energy & Soul body
- Course 40: **Greater enlightenment Kan & Li**: development of the Spiritual body
- Course 41: **Greatest enlightenment Kan & Li**: education of souls & spirits, astral traveling

Advanced level: IMMORTAL Tao (week courses)

- Course 42: **Sealing of five senses**
- Course 43: **Congress of Heaven & Earth**
- Course 44: **Union of Heaven & Man**