

# OVERWIEU OF COURSES OF SYSTEM TAOYOGA

## UNIVERSAL HEALING TAO SLOVAKIA

**Beginning Level 1:** Awakening of healing light

**Course 1:** Basic I – Inner light

Chi self-massage, Activation of Tiantien, Inner smile, 6 healing sound  
Energetic centres, Opening of Microcosmic Orbit

**Course 2:** Basic II – Outer elixir

Cosmic inner smile, Three minds & fires, 6 directions  
Earth, Cosmic & Heaven forces, Macrocosmic Orbit

**Beginning Level 2:** Development of inner strength

**Course 3, 4:** Taoyin: exercise of inner muscles & relaxing exercises

Practice of Taoyin is 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 element, 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

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

**Course ,28,29,30,31:** Cosmic healing I,II: 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

**Course 37,38:** Application of Chinese Astrology: Practice consists of 2 methodical courses: Tao astrology I,II

**Middle level: Spiritual practice (week courses)**

**Course 39:** Lesser enlightenment Kan & Li: opening of 12 channels, development of the energy & soul body

**Course 40:** Greater enlightenment Kan & Li: development of the spiritual body

**Course 41:** Greatest enlightenment Kan & Li: education of soul & spirit, 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