



Author of 60 best selling Inner Alchemy Chi Kung books,  
translated into 40 different languages, worldwide

# Mantak Chia



Coming to: **PORTLAND, OREGON**  
**Double Tree Hotel (By Hilton Hotel)**  
**9575 SW Locust St.**  
**Tigard, Oregon 97223**  
**(503) 624-9000**

**Sat. May 25<sup>th</sup> & Sun. 26<sup>th</sup>, 2019-9:30am-5:30pm**  
**Universal Healing Tao System Introduction,**  
**Inner Smile, Six Healing Sounds,**  
**Microcosmic Orbit & Iron Shirt Workshop**

**Mon. May 27<sup>th</sup>, 2019 - 9:30am-5:30pm**  
**Healing Love**  
**\$395 Pre-Registration, \$495 at the Door**  
**includes all 3 Days or \$150 per Day**

**Pre-Registration Contact:**  
**Jon Weston (503) 794-2717**

**<tpweitzu@gmail.com>**  
**www.mantakchia.com/events**

**World's Most Famous Inner Alchemy**  
**Taoist and Chi Kung (Qi Gung) Master**



**Course Description: (Each Workshop is NCCAOM Approved for their CEUs Course Credits)**

After over sixty years of study, practice and research of the Universal Healing Tao practices Master Chia is excited to share his new insights, discoveries and observations with his students in this workshop. Master Chia has taken a long journey discovering the Tao through his adolescence, adulthood, marriage, fatherhood and retiring years to reveal these interesting, informative and intriguing nuances, and subtleties of these Taoist practices evolving into the Universal Healing Tao System giving his students the fine points, emphasis, and correct focus of the Basic Universal Healing Tao practices for their enjoyment, self-discovery and enlightenment.

**Where is your Orbit?** Background and explanation of the Tao & Universal Healing Tao System; Cosmic Inner Smile teaches you how to get in touch with your internal organs, smiling to them, and by activating your Parasympathetic Response & Vagus Nerve reporting to the brain, heart & digestive system; Chi Self Massage moves vital blocked energy (Chi) through the body creating self-healing, inner balance & longevity.  
**Emotional Wisdom Practices:** Six Healing Sounds cools down the body releasing excess heat, cleans toxins out of the organs and transforms negative emotions into positive emotions. Each sound relates to a vital organ and has a color, body posture and emotions; **Opening the Orbit (Microcosmic)** is the ancient foundation for healing by awakening and opening the body centers, and drawing the Universal, Cosmic and Earth Forces from the Six Directions into the body. The students will learn to activate the Three Fires (Tan Tiens) circulating this Life Force Energy (Chi) as it will be passed through their body channels. Iron Shirt Chi Kung I consists of 5 Standing Postures teaching the student the ability to "Root" to the earth strengthening the tendons, muscles, bones and organs.

**Limitless Orgasm & Healing Love Practices:** This Single & Dual Cultivation practice in the Aroused & Unaroused State conserves & transforms sexual energy while invigorating and rejuvenating the body's vital functions. These techniques of Ovarian & Testicle Breathing, Scrotum & Ovarian Compression, Power Lock, Big Draw, and Valley Orgasm enhances sexual fulfillment & physical improvement as vital energy is exchanged with one's partner with the indiscriminate loss of emotional & sexual energy.