

Introduction to Taoist Horse Stance Chi Training With Ronald Holt



Details

Held at:

Online Zoom Class from
Phoenix, AZ

Saturday, Aug 12th 2023
10am to 4:00pm
Tuition: \$169

Online Registration

Go to our online form at:
www.quantumnavigation.net

After registration, a confirmation e-mail and PayPal invoice will be sent to you to complete your registration.

Items to Bring

Yoga Mat
Wear Loose Clothing
Notebook

*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, August 12, 2023 on Zoom

Taoist Horse Stance Chi Training is an ancient healing and therapeutic art designed to assist in freeing the body and mind of pain, anxiety, and burdensome memories that block the flow of chi (life force energy) and prevent overall well being. The practice is rooted in ancient Taoist and Buddhist healing techniques. It combines yogic exercise with breath work, guided meditation, and medical horse stance to facilitate holistic integration. During this one-day introduction, you will deeply experience how Taoist Horse Stance Chi Training works, and how to use it effectively in your daily life for healing and spiritual growth. This is a powerful and fast way to break through stubborn blockages.

As taught in **Meditation for Life Workshop**, the fourth corner of a solid meditation foundation is found in will power. Will power is necessary for self-discipline, rehabilitation, consistency, and motivation to help you go beyond obstacles and the distractions brought about by the mind, emotions, and bodily sensations. This allows the peace, bliss, and fulfillment of the True Self to arise and stabilize within you, even though distractions may still be present.

Ronald Holt is a dynamic practitioner and teacher of Taoist Horse Stance Chi Training. 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 Horse Stance Chi Training Principles
- Training with non-invasive and gentle therapeutic exercises suitable for all levels of fitness
- Lecture and practice of basic Taoist ChiYoga breath work
- Some basics about the internal psychosomatic energy system
- Practice of postures and breath work for building chi
- And much more
- **This program will hopefully kick start a bi-monthly practice class with enough participant interest!**

