



**Private Chi Kung training with Sarina Stone,
Certified Universal Healing Tao Instructor**

**December, January, February – Doi Saket, Thailand
May, June, July, August, September – Minnesota, USA**

Training options

- a) **Basic Medical Qigong** – Energize and detoxify major organs (Inner Smile and Six Healing Sounds Practice), learn to move Chi (MicroCosmic Orbit Practice), cultivate physical structure (Iron Shirt Chi Kung), understand your body's relationship with food and digestion (Organic cooking (and shopping) and receiving Chi Nei Tsang abdominal massage).
- b) **Reproductive Qigong***– Learn to cultivate, refine, circulate and store reproductive energy for health and longevity (Breast massage, Ovarian Breathing, all Basic practices, Jade Egg practice), understand your body's relationship with food and digestion (Cooking with healing herbs and receiving Chi Nei Tsang abdominal massage).
*Prerequisite: Inner Smile, Six Healing Sounds and MicroCosmic Orbit on-line study prior to arrival
- c) **Chi Nei Tsang abdominal massage** - Learn to release “stuck” Chi and restore vitality to organs, tissues, intestines and psoas with a combination of massage and Medical Chi Kung associated organ meditations. At least ten techniques taught along with applicable meditations (CNT Breath, examining the navel, scanning, Cat Paws technique, 2 large intestine techniques, Baking and Pumping the Liver, Flushing the Kidneys, Opening the Nine WindGates).

Cost:

Option 1

\$1900 includes six nights in a private room with wifi, a trip to the organic grocer to choose food for the week, access to a kitchen, unlimited clean/filtered water, airport transportation, course supplies and five days of class.

Option 2

\$1600 offers the same less airport transportation and a trip to the grocery store (you hire a car for the airport and I'll take you to the organic grocer for you buy your own food).

\$500 deposit required – non-refundable 60 days prior to course. Visa, MasterCard, American Express and PayPal accepted.

Write to Admin@SarinaStone.com with reservation requests or questions.

Doi Saket, Thailand – Five minute bike ride from the famous Tao Garden Resort, you may choose to enjoy the buffet's, pool, steam and gym. The village you will be staying in has a number of cafés and amazing bike exploration roads. 30 minutes from Chiang Mai city. FLY IN TO CNX AIRPORT



Minnesota, USA – The land of 10,000 lakes. The home of The Mall Of America. Five organic grocers within a 20 minute drive. Four blocks away from the train to downtown Minneapolis or Saint Paul. Mississippi River minutes away. FLY IN TO MSP AIRPORT



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Approximate schedule – will be tailored to students individual needs:

Arrive Sunday - Unpack and relax

Monday-Friday

9am-11am, personal time. Drink tea, make breakfast, study on your own

11am-12:30pm, morning meditation and theory with Sarina

12:30-2pm, lunch and rest (or exploration of area)

2pm-6pm, Theory and practice with Sarina – 4 hour intensive

6:30pm Dinner (on your own or with Sarina)

Saturday – Depart

Special dietary needs should be shared prior to arrival.

Medications and reasons for taking them should be shared prior to arrival.

Special tourism requests should be made prior to arrival and may affect class schedule. Remember, this is your course – if you want to take a tourism break or meditate by the Mississippi (Minnesota only), please ask 😊

Certificate of Completion available upon request.

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