

SARINA STONE

www.SarinaStone.com



Press Contact

E-mail

Admin@SarinaStone.com

Direct

(651) 645-5714

Sarina Stone Digital Assets

To download or view, just click your preferred format.

Logos

Sarina Stone official logo
(Adobe EPS) (.PNG)

Sarina Stone reversed logo
(Adobe EPS) (.PNG)

Images – People

Sarina Stone

Primary Headshot

(print) (web)

Secondary Headshot

(print) (web)

Tertiary Headshot

(print) (web)

Sarina and Grand Master

Mantak Chia

(print) (web)

Images – Products

“The Constipation Cure” logo

(print) (web)

“The Inner Smile” logo

(print) (web)

Images – Programs

“Chi-Nei-Tsang” logo

(print) (web)

“Chi Kids!” book covers

(print) (web)

Images – On Location

Sarina and students

(print) (web)

Sarina working with class

(print) (web)

Sarina on a radio show

(web)

Videos

“The Constipation Cure”

(youtube)

“The Inner Smile”

(youtube)

Other Published Works:

Why Real Women Drink Straight Tequila—The Tao of Intimacy (Sarina's Store) ISBN 978-0-9826384-2-2

Why Real Couples Drink Straight Tequila—The Tao of Commitment (Sarina's Store) ISBN 978-0-9826384-5-3

Why Real Men Drink Straight Tequila—The Tao of Chivalry – ISBN 978-0-9826384-6-0

Why Real Men Drink Straight Tequila—The Rainbow Edition – ISBN 978-0-9826384-9-1

Why Real Singles Drink Straight Tequila—The Tao of Independence – coming winter 2015

About Sarina Stone, Certified Medical Chi Kung educator

“It’s nothing serious; it’s just your life.”

Natural Health speaker, educator and author Sarina Stone is internationally renowned for her humor, compassion, wit and candor. Ms. Stone is expertly dedicated to proving that bodies reflect one’s mind and heart.

Who is Sarina Stone?

Ever heard of someone dying of a broken heart?

After years of study and travel, Ms. Stone developed a **holistic**, or “**Tao**” view of wellness that connects physical health to mental health and self awareness. **Taoist** thought generally focuses on nature; emphasis being on health, longevity, compassion, moderation and gratitude. Harmony and health is the intended result of Taoist practice.

She carries multiple certifications as an educator and practitioner of **Medical Chi Kung** under the direct supervision of **Taoist Master, Mantak Chia**, director of **Universal Healing Tao Institute**. Ms. Stone is also trained in the art of detoxifying/energizing abdominal massage, **Chi Nei Tsang**.

She is the author and publisher of the “**Tequila**” series of conscious - relationship books.

What does she do?

Ms. Stone is available for lectures as well as offering her courses live and online. Her course subjects include **Smiling Meditations for Health, Medical Chi Kung, Women’s Tao Sexual Health and Abdominal Massage**.

Currently she is developing the **Universal Chi Kids** line of educational tools – a multi-media program that educates pro-active families on the healing power of a smile. She says this is her most important work to date.

Awards

- **University of Wisconsin** – selected Medical Chi Kung expert – special event – 2007
- **University of Minnesota** – selected Medical Chi Kung expert – Center for Spirituality, via Prof. Patricia Culliton – 2008, 2009
- **Life Purpose Tele-Summit** – selected for Expert Panel 2011

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About Sarina Stone, Certified Medical Chi Kung educator

Company Background

Where: Headquartered in St. Paul, MN USA

When: Teaching since 1995

What: Sharing Natural Health techniques via workshops, lectures, and literature. Assisting others to reach health goals through meditation and lifestyle changes.

Key Products: Educational audio, video and literature found at www.SarinaStone.com

Industry: Ms. Stone teaches simple lifestyle changes to enhance or improve physical and mental well being. Subjects include, but are not limited to: Effects of the mind on the body, Techniques for Balancing Emotions, Transforming Stress in to Vitality, Abdominal Massage for detoxification and energizing organs, Importance of Healthy Digestion, Healing Power of a Smile, Smiling Meditation for Children, Breast Cancer Prevention, Seminal Retention for Longevity

Firsts: Ms. Stone is currently developing the first line of multi-media educational tools to teach children Smiling Anatomy based on **Master Mantak Chia's Universal Healing Tao system of Medical Chi Kung.**

Future: Shifting focus to educating children and families on the importance of self awareness, self love, and the healing power of a smile. This will be shared through books, video lessons and music.

Events: Click here for Sarina Stone's calendar

Grandmaster Mantak Chia and Sarina Stone



Grandmaster Mantak Chia is the creator of the Universal Healing Tao system, the director of the Universal Healing Tao Center and Tao Garden Health Resort and Training Center in beautiful northern Thailand. Since childhood he has studied the **Taoist** approach to health and longevity. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the **Universal Healing Tao System of Medical Chi Kung.** It is said that he has published the largest body of work on **Taoist meditation** in the modern world; and he's not finished.

In 1990 Master Chia met Sarina Stone at a **Chi Kung** course he taught in New York City. Within two years she became one of his most trusted students and was certified to teach **Universal Healing Tao Medical Chi Kung** under his direct supervision. The resulting educational material developed by Ms. Stone has been shared internationally and the two remain in close contact to this day.

Company Philosophy

What we know is that we manifest thought to physical reality with expediency; cause and effect. We cannot afford to harbor negative thoughts for long without seeing them manifest in our lives, both physically and emotionally.

By the same token, if we heal and maintain the three areas of health; physical, mental and emotional, human beings have the potential to live long, happy and healthy lives. All we need is a set of clear instructions and tenacity!

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Educational Products

The days of relying purely on pharmaceuticals and narcotics for our ailments are coming to an end. In the past, we relied on these remedies, however there is a growing movement toward prevention and natural methods to maintain good health. Thousands of people across the globe are looking for healthy lifestyle changes.

We know now that alleviating the cost and need for pharmaceuticals can often be found by removing toxic foods and chemicals from daily life. Adding to this popular point of view, healthy exercises for the mind can affect the body in a positive way. By becoming self-aware, one can feel when they are negatively affected by a thought or action. Self-awareness may help people make healthier choices.

Summary of products:

Ms. Stone offers multiple mind exercises (meditations) and physical practices to detoxify and energize the human body; all of which can be done at home. Each practice taught brings a new level of self awareness.

Summary of Services:

Ms. Stone offers recorded lessons, live courses (when invited), lectures, and literature to aid others in their quest for mastering themselves. On rare occasions, she offers **Medical Chi Kung** treatments, but considers herself primarily an educator. She feels good health is a personal choice and people should know how to take care of themselves.

Key Products:

Recorded meditations and video lessons are offered by Ms. Stone. When learning to connect the mind to the body, we must follow a few simple rules. For example, smiling while focusing on specific organs. Once a person follows Ms. Stone a few times, they will memorize specific “formulas” for transforming negativity.

When they are adept at creating positive change within themselves, many feel the desire to share with friends and family, thus making these simple techniques a gift that one may share on many levels.

Advantages over similar products:

With so many complicated philosophies available to us now, Ms. Stone chooses the most simple. She is not educated in spiritual matters, thus her teachings are non-religious; in fact they are the simplest of science. Thus her affinity for **The Way Of Nature**, or **Tao philosophy**. Many of the same meditations adults practice are appropriate for the whole family. Anyone can learn to smile to their heart; we don't need to be a scholar to know ourselves.

Future of the products:

The future of Ms. Stone's **Tao Natural Health** instruction will be geared toward the future of our planet – children. Learning to smile to their heart, lungs, liver, kidneys and pancreas will connect their amazing mind to their amazing body. Next, understanding the importance of emotional balance will help each child to be at ease with emotions and understand their effect. These lessons will be shared by adults, thus advocating the “**Proactive Chi Family**.” Music, books and video are in development.

Glossary of Terms

Tao – Taoism

A philosophy born in China, **Taoism** is not a religion. Rather, it is a philosophy based on the laws of nature and advocates a way of living in harmony with our surroundings. Ms. Stone's favorite translation of this Chinese word is **The Way Without Force**.

Chi

Chinese word. Translation – Energy.

Chi Kung

Chinese word. Translation – Energy Work.

Chi Nei Tsang

Chinese word. Translation – Energetic Abdominal Massage.

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Spotlight Products

- “The Constipation Cure” – Video Lesson
- “The Inner Smile” – Video or Audio Lesson
- Digital Assets

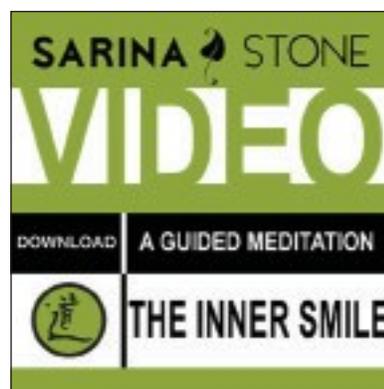


“The Constipation Cure”

Improve your health by preventing stuck food from festering in your belly and experience relief from constipation without chemical laxatives. In just minutes per day, these self-massage techniques will a. manually move stuck food and b. help induce peristaltic action in the large intestine. They will help you keep that food moving so your colon may stay clean and healthy.

Sarina Stone shares three techniques to tone and detoxify the large intestine. These **Chi Nei Tsang** abdominal massage protocols are quick, easy and safe for adults of all ages.

If you are a parent or someone who loves kids, please be sure to watch the portion where Ms. Stone works with children. Their little bellies can be sensitive.



“The Inner Smile”

Over 5000 years ago Taoist monks in Asia discovered the relationships between emotional energies and organ systems. Through many centuries of study and organic meditation they developed methods to transform negative emotional energy to positive **Chi (Qi)**.

We manifest thought to physical reality with expediency and cannot afford excessive negative thoughts for long without seeing them manifest in our bodies. The same is true for the opposite; loving, light and compassionate thoughts also manifests noticeably in our physical and emotional lives. We must have emotional balance in order to make healthy choices in all areas of our life.

The Inner Smile exercise focuses on five organ systems: the heart, lungs, kidneys, liver and the pancreas. Through diligent practice, you may learn to recognize imbalanced emotions and their effect on your body and learn to stop the dysfunction before it grows.

Sarina Stone will take you step by step through a practice to restore physical and emotional balance. Once you have memorized it, you will have a tool to maintain health and add positive energy to almost any situation.

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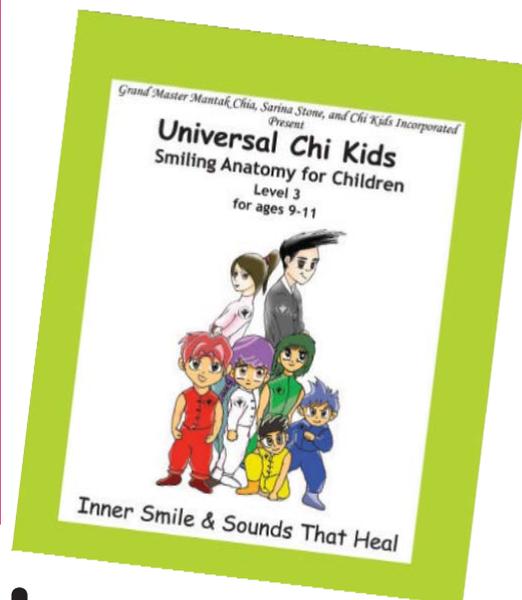
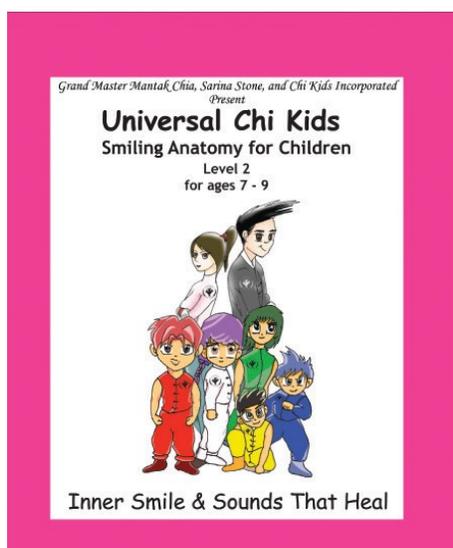
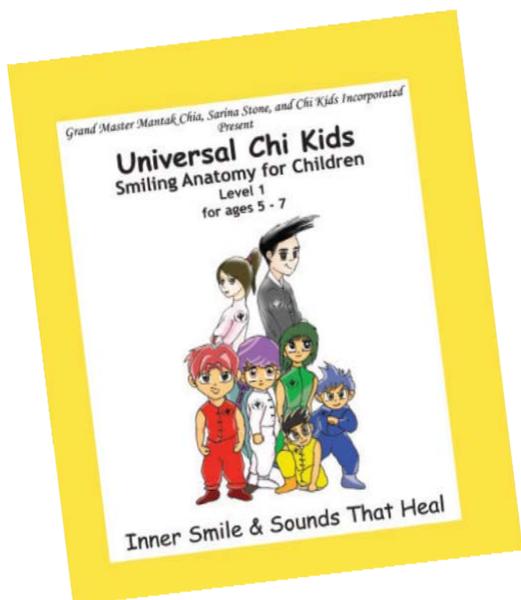
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Spotlight Programs

- “Chi Kids!” – Smiling Anatomy Program for Kids
- “Chi Nei Tsang” – Online Course
- Digital Assets



Chi Kids!

These colorful materials will help you to teach **Smiling Anatomy** to your family and offer them a healthy head start in their physical and mental health.

Begin the **Smiling Anatomy** program when they are about four or five years old. By the time they get to Level 3 they will understand where a number of internal organs are, what they do and how to smile to them. They will also understand that their emotions cause positive and negative reactions – both inside and outside of themselves.

Designed for the pro-active family, the “Chi Kids!” line of **Smiling Anatomy** educational tools is for kids and their grown-ups. Take a few minutes a day and watch your

child smile to their heart, lungs, liver, and more. Listen as they use sound, color and postures to associate positive and negative emotions with these organs. Then, watch how they master themselves and use their own innate ability to make healthy choices!

“Kids are so much better at this than adults. I’ve worked with 3-year-olds that memorized level one in a few days! They love smiling and they love visualizing. Imagination becomes reality; the Chi Kids are leading the way!!!”

– Sarina Stone

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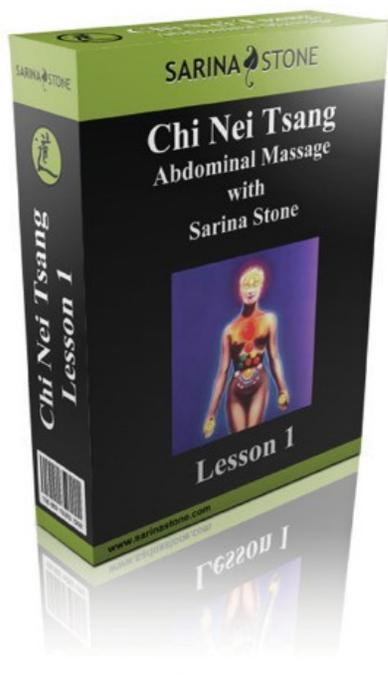
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Chi Nei Tsang



“You can’t be healthy with a belly full of festering crap! If your blood could talk, it would tell you to ‘keep it clean’.”

– Sarina Stone

Sarina Stone has created a 6-part program that teaches you to easily learn the necessary steps to safely massage, detoxify and energize one of the most important areas of the body; your belly. Most of her students find the experience a life changing step toward optimal health; both physically and mentally.

People who practice abdominal massage experience:

- Improved digestion
- Weight loss
- Less bloating/water retention
- Improved mental clarity
- Less low back pain
- Detoxification and energizing of major organs
- Improved sexual function
- Self awareness and ability to calm the nerves
- and much more...

Benefits of **Chi Nei Tsang** are for the self and can also be taught to others. This course teaches both Self Massage and techniques to be performed on others.

The intention is to give you a high-quality education that allows you to learn at your own pace. This continued education is perfect for massage therapists as very few practitioners’ have the knowledge to effectively work this area of the body.

Including:

- 6 affordable video-lessons that build on each other
- No time limit to download the next lesson
- Lecture and hands-on techniques
- Liver, lung, kidney, pancreas, and other important digestive techniques
- Necessary **Qigong** (energy work, meditation) practice to enhance results
- Learn The Constipation Cure techniques and more!