

Grounding & Centering

Four Phases of Level I Training Program



1 – Deepening the Breath 10 classes

In this first phase, the focus is on feeling relaxed and calm enough to deepen the breath using the Level I Taoist breathwork. As the breath becomes more tranquil and rhythmic, it acquires a smooth and even quality during both the inhalation and exhalation. This balanced breathing will eventually lead to the ability to deepen the breath even more and cultivate Qi during forthcoming practice levels.

2 – Connecting to the Energetic Core 30 classes

Using the breath to guide visualization, a student begins to experience the grounding quality of the lower abdomen's core energy center, the dan-tien. While breathing into this energy center, students are encouraged to use creative visualizations to help them sense an energetic awakening within this center. During this phase, a mind-body connection develops that assists students with future spiral visualization.

3 – Developing the Spiral Breath 30 classes

Because energy tends to move, grow and balance itself as a spiral, in this phase, a student is given a specific visualization on which to concentrate while practicing Level I breathing. The rhythmic spin of this visualization helps to bring more focus and power to the breath. This knowledge is also applied during meditation to direct and refine Qi energy cultivation in the core energy center.

4 – Balancing the Five Element Energies 30 classes

The five elements correspond to the essential qualities of Qi energy as it exists in the universe. Once proper breathing patterns and visualizations are established, students will start to focus on the energetic expression of each posture that balances a certain elemental energy. During this phase, you begin to balance your own Qi energy field in preparation for proper healing and unification to occur at Level II.

Healing of body, mind and spirit occurs in various ways for many individuals. Some practitioners may require longer periods of time to heal during different phases of practice. The primary purpose of SunDo Taoist Yoga & Meditation is to take responsibility for our lives to achieve better health, rather than progress too quickly to a desired phase for which we are not yet ready.

Taoist Yoga & Meditation

Student / Instructor Training Program

Begins March 1, 2012

Free Information Sessions:

Thursday February 9, 2012 at 7 pm

Saturday February 11, 2012 at 3 pm



Four Phases of Level I Training Program

Deepening the Breath ~ 10 classes for \$120

1 weekly class: March - April
Thursday 6:30 pm or Saturday 9:30 am

Connecting to the Energetic Core ~ 30 classes for \$240

2 weekly classes: May – July
Tues, Thurs 6:30 pm or Saturday 9:30 am

Developing the Spiral Breath ~ 30 classes for \$240 *

2 weekly classes: August - October
Tues, Thurs 6:30 pm or Saturday 9:30 am

Balancing the Five Element Energies ~ 30 classes for \$240 *

2 weekly classes: November - January 2013
Tues, Thurs 6:30 pm or Saturday 9:30 am

* 60 class package only \$390 if paid in full

Training program also includes three practice clinics and three reading discussion groups held on Saturdays at 11 am, and a two-hour workshop with Taoist Master Hyunmoon Kim in July 2012.

Student Certificate of Completion awarded after 100 classes and 20 hours of meditation practice.

Associate Instructor Certificate awarded after 100 classes, attendance at practice clinics, reading discussion groups and July workshop with master Kim, additional two or three-day retreat (total cost \$160-240) in Litchfield CT (Jan 2013), a one-page essay and 30 hours of personal meditation practice.

The first stage of Taoist Yoga Student/ Instructor Training, Grounding & Centering, readies the physical body to receive more powerful Qi energy during more advanced stages of practice. You will become more alive and fully present within your body! Taoist Yoga includes poses and breathing exercises to open each of the 14 meridians, or Qi energy channels, improving the health and functioning of the associated organs. Learn acupressure techniques and breathwork to increase the circulation of Qi energy for vibrant health. Our training also provides you with an introduction to Taoist philosophy and meditation.

For more information and a full training schedule, please visit www.sundo.org