

National Intangible Culture Heritage TCM treatment- YiJinJing Twelve forms of movements-DaoYin methods LEVEL I

[theme]

- 1. Get knowledge of the inheriting of "YiJinJing" DaoYin methods
- 2. Through practicing YiJinJing Twelve forms of movements, understand oneself body situation
- 3. Learn and practice the knack of YiJinJing Twelve forms of movements, strength one's meridians and skeletons

[Schedule]

Date: 23rd May, 2016 time: 13:30~16:00

Theory

- 1. The inheriting history of YiJinJing -DaoYin Methods
- 2. YiJinJing twelve forms of movements and body twelve meridians
- 3. Relationship between meridians and body health

Practise:

1. Learn YiJinJing movements

Warm up form and Form one

Date: 24rd May, 2016 13:30~16:00

Practise:

1. Learn YiJinJing movements

Form two to Form seven



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Date:25rd May, 2016 13:30~16:00

Practise:

1. Learn YiJinJing movements

Form eight to Form twelve and Close Form

Date: 26rd May, 2016 13:30~16:00

Theory:

1、Knacks for each YiJinJing movements

Practise:

- 1. Review the whole movements
- 2 Individual instruction

Class Address

Floor D No 7 Building No 2601 Xie Tu Road Shanghai ,China

【contact for register】 claire.zmiro@gmail.com Mrs Claire Z

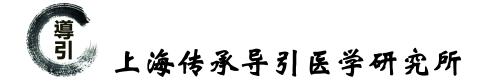
Tuition Fee

Tuition Fee: RMB:2800.00 (RMB2940.00 for invoice)

Including 《YiJinJing》 Writen by Mr.YanShiQing (inside CD)

Option: DaoYin waist best: RMB50.00

《YiJinJing》 Writen by Mr.YanWeiBing (inside DVD) RMB36.00



National Intangible Culture Heritage TCM treatment- YiJinJing Twelve forms of movements-DaoYin methods Level II

[theme]

- 4. "YiJinJing twelve forms of movements" Key points for breath.
- 5. "YiJinJing twelve forms of movements" Key points for mind.
- 6. Nourish qi and Concentrate spirit auxiliary methods

[Schedule]

Date: July 13:30~16:00

<u>Theory</u>

- 1. Through practicing the YiJinJing twelve forms of movements understand TCM meridian system.
- 2. How to gain health through regulating meridians.

Practise:

- 2. Regulate all students movements
- 3. Preparing for the Lesson of Breath

Date: July 13:30~16:00

Theory:

1 key pionts for breath

Practise:

1. Instruct breath in YiJinJing movements (Form one to form six)



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Date: July 13:30~16:00

Theory:

1. Nourish qi and Concentrate spirit auxiliary methods

Practise:

1. Instruct breath in YiJinJing movements (Form seven to twelve)

Date: July 13:30~16:00

Theory:

1, "YiJinJing twelve forms of movements" Key points for mind.

Practise:

1, review and individual instruction

Class Address

1. Floor D No 7 Building No 2601 Xie Tu Road Shanghai ,China

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[Tuition Fee]

Tuition Fee: RMB:3800.00 (RMB3990.00 for invoice)

Including the following contents

- 1、《YiJinJing》Writen by Mr.YanWeiBing (inside DVD demonstration)
- 2 DaoYin Waist Belt
- 3. Provide one time free Salon. (Our institute holds salons at a regular time, which will open to the advanced class students)

Xi Sui Jing -DaoYin Method

Level III

To be continued