

STEP UP TO THE TAO

There are Nine Steps to Completion. The first 3 are for everyone.

Beyond Step 3 needs dedication and commitment.

Here are the first 5 and their pre-requisites, and links to full descriptions.

Click http://www.healing- tao.co.uk/ht_calender.htm for dates, venues and costs (Forward planning helps.)

Step 1 Healing Tao Foundations Stress management, Grounding, Flexibility: *Introduction to Microsmic Orbit, Inner Smile, Healing Sounds, Beginner Chi-kung (qigong), Taoist breathing, Introduction to Tai Chi.*

No pre-requisites.

http://www.healing- tao.co.uk/ht_foundation.htm

Step 1 (2 days) runs three or four times a year in London and elsewhere - click http://www.healing- tao.co.uk/ht_calender.htm

Step 2 Healing Tao Foundations Healing Love Motivation, confidence; energy: *Completion Microcosmic Orbit, Intermediate breath-practice, Upward Draw, Big Draw.*

Step 1 is pre-requisite. http://www.healing- tao.co.uk/ht_healinglove.htm

Step 2 (2 days) runs twice a year in London, usually in June/July and November/December, or for outside dates click http://www.healing- tao.co.uk/ht_calender.htm

Step 3 Healing Tao Foundations Fusion Detoxing past, neutralising fear, managing emotions, habits, strengthen energy field, enhance grounding! *Pa Kua, Forming the Pearl; Opening Inner Channels; Energy, Soul and Spirit Bodies.*

Steps 1 + 2 pre-requisite. http://www.healing- tao.co.uk/ht_fusion.htm

Step 3 (4 days) runs once a year, usually in July in London. For any other outside dates check http://www.healing- tao.co.uk/ht_calender.htm

Tai Chi Summer Retreat & Training Camp

There are **no pre-requisites** for this module. It is pre-requisite for Step 5. http://www.healing- tao.co.uk/Tai_Chi_training.htm

Tai Chi Summer Retreat and Training Camp (5 days) runs once a year, usually in early August, in the Secret Valley in South Wales.

Step 4 Introduction to Taoist Shamanism

Effective practice, Dynamic thought, Channel power: *Channelling the Pearl, Nourishing Spirit, Death and Ecstatic Flight, the Shaman's Body, Journeying through the Inner Eye.*

Steps 1,2,3 pre-requisite. http://www.healing- tao.co.uk/ht_kan_li.htm

Step 4 (4 days) runs once a year, usually in early September, in London.

Taoist Shamanic Healing

There are **no pre-requisites** for this module. It is pre-requisite for Step 5.

<http://www.healing- tao.co.uk/taoistshamanichealing.htm>

Introduction to Shamanic Healing (4 days) runs once a year, usually in late January/early February, in London.

Step 5 Tao of the Shaman

Taoist Shamanic Practice: *Understanding power, Clear seeing, Step lightly in all worlds.*

Pre-requisites: Steps 1 to 4 + Taoist Shamanic Healing + Tai Chi Summer Training Camp + Reading + Completion of a Task (agreed on registration.)

The venue is notified to participants on completion of Task. *Of the pre-requisites, only Steps 1 to 4 must be in sequence.*

http://www.healing- tao.co.uk/ht_Tao_of_the_Shaman.htm

Step 5 (3 days and 3 nights) dates runs every one or two years.

Big savings: 10% by registering with payment in advance for 2 courses, 20% for 3 or more.
Links to Courses content, Dates, Venues, Books and Bookings @ www.healing- tao.co.uk