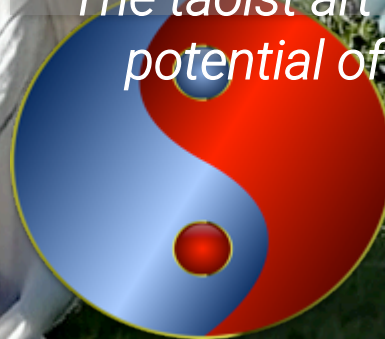


# The Alchemy of TAO YIN

## Teacher's Training

*The taoist art of listening to the infinite  
potential of your Center of Gravity*



**From July 4th to 10th 2021**

**With Fabienne Flamand**  
UHTS Senior Instructor

**Assisted by Franck Delevallez**  
UHTS Certified Instructor

**At Le Mas de  
Luzière (France)**





The ***Tao Yin*** is an ancestral Taoist art that will renew your nervous system and strengthen your muscles and tendons.

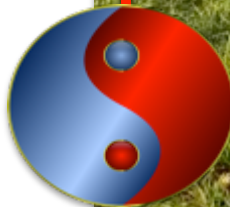
***Tao Yin*** focuses on the well-being of your kidneys, your spine and your cranio – sacral balance. It will give you the keys to your own process to ***Inner Alchemy***. Inner Alchemy is about ***the link between your physical body, your heart and your spirit, and your alignment with the natural forces that contribute to your personal growth.***

During this exceptional week from July 4th to 10th 2021 you will discover how to integrate the practice of ***Tao Yin*** into your daily life and mix it with ***Qi Gong*** and the ***Fusion of the 5 Elements*** to develop a brand new self, ready for the new dimension of the world!

- **Become masters of your inner strength and your internal energy**
- **Begin to love yourself again by boosting your physical & emotional transformation**
- **Find the TAO and its extreme ability to propulse us towards what's new and requires a real change of consciousness**

« Welcome to all of you to this very transformative week of positive and constructive connexion with your body: connect to its mobility, aliveness, confidence and openness to a new dimension of yourself and the world! »

Fabienne



## Our practice program:



● **7.00 Am to 8.15 Am:** TAO YIN - We awaken our morning Chi with *5 Elements Qi Gong*

***8.00 Am – 10h: breakfast & resource yourself***

● **10.00 Am– 12.30 Am :** TAO YIN Postures & Series in details – Theory & Practice of Vital Force according to the TAO

***12.45 Am – 3.30 Pm : lunch & resource yourself***

● **3.30 Pm – 4.45. Pm :** Cranio Sacral & Dan Tien Qi Gong Practices

***4.50 Pm – 5.15 Pm : teabreak & conviviality***

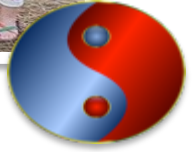
● **5.30 Pm – 7.30 Pm :** The Pearl Meditation, an initiation to *Taoist 5 Elements Fusion* – TAO YIN relaxation & practice

**7.30 Pm – 8.30 Pm : dinner & conviviality**

● **8.45 Pm – 10.15 Pm :** Instructors Circle



During this week you will have the opportunity to certify in:



**IRON SHIRT**



**TAO YIN**



**TAI JI QI GONG**

## **Prerequisite:**

To certify in those *UHTS Disciplines*, you have to already be a *UHTS Certified Instructor* in Basic Practices. You are very welcome to send your Certification demand with a motivation letter to [fabienne@taovivant.com](mailto:fabienne@taovivant.com) to register for our *Summer 2021 Certification Program*.







## Your Teacher: **Fabienne Flamand**

I study with Master Mantak Chia since the 1990s and today I am a happy *Universal Healing Tao System Senior Instructor*. I have founded *The Living TAO School* in 1996 with the aim of spreading the Taoist treasures of Body/Mind & Spirit aliveness to as many people as possible..

Now living in Tahiti with my family. I dedicate my life to accompany women and men in the exploration and development of their life force or « Chi » in the form of weekly classes, workshops and retreats. I am also a *Certified Chi Nei Tsang Practioner*, the Taoist belly massage. I love to help my students to nurture their « 2<sup>nd</sup> brain » awareness for a body that breathes the joy of life and provides efficient support on the path of transformation. I also practice and teach *Thieulam (Shaolin) Kung Fu* which completes my quest for balance between my heart, my body and my soul.

Over the years, I have developed my own method, *The Tao of the Moon Woman®* to guide women within the Taoist secrets of *Feminine Healing Love*, within the feeling and exploration of their sexual Essence.



## Assisted by: **Franck Delevallez**

I am very honored to be assisted by Franck Delevallez this summer. The French *Tao Yin* practioners know him very well! He has been my student in *Healing Tao* practices since 24 years ...

Franck is a *UHTS Certified Instructor*, *Dragon Chi Wave* as well as a *Sonmudo* expert (the Korean Martial Art). He stands out by his excellence in the realm of body energy arts but also by his kindness, his empathy and his pedagogical talent in the transmission of the Body, Mind & Spirit practices. As a *Professionnal Dancer* he is also a certified *Modern Dance Teacher* and will gently guide you through your postures and help you to become even more mobile and fluid.

Together we will form the *Certification Team* for this summer 2021 *Teachers Training* from 4th to 10th July in Le Mas de Luzieres.



For our fluid and practical organisation:

## The ALCHEMY OF TAO YIN from 4th to 10th July 2021



**The place:** *Le Mas de Luzière* offers a cosy place nestled in the green nature of the inland part of Montpellier - Contact: [www.luziere.fr](http://www.luziere.fr)

**The timing:** Your arrival is expected on July 4th around 6.00 Pm to allow you to settle down in your room. Dinner will be served around 7.00 Pm.

**Start of the seminar:** 4th July after dinner at 8.30 Pm

**End of the seminar:** 10th July after breakfast around 9.30



### The Teaching fees ( Room & Board not included ):

**Level « Discovery » and Exploration »:** 750 Euros – 400 Euros deposit are requested at registration

**Level « Certification »:** 950 Euros – 500 Euros deposit are requested at registration



**Refund modalities:** to 4th May 2021, the whole amount / Between 4th May and 4th June: half of the amount / / From 4th June to the beginning of the seminar: no refund / The entire amount of your deposit will be refunded in case of a new Lockdown

### The Room & Board fees

**Single room:** 95 Euros per person

**Double shared room:** 75 Euros per person

**3 persons shared room:** 65 Euros per person

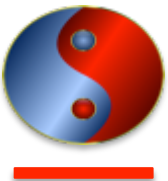
**Dormitory:** 55 Euros per person



At registration Fabienne will send you a *Room & Board Document* where you will mention your Room choice. Please send this document back to *Le Mas de Luzière* with a deposit of 80 Euros to reserve your Room & Board.

### To take with you to the seminar:

- Comfortable clothes which allow to practice on the floor
- Your Yoga mat and your Bamboo hitter if you have one
- A bottle of water to hydrate well during the practices
- Your notebook to take notes
- Your swimsuit!







Welcome to all of you for a magic week, a great opportunity to make your body happy and nurture your inner consciousness thanks to the wonderful UHTS practices!

**Registrations by e.mail to Fabienne:**  
[fabienne@taovivant.com](mailto:fabienne@taovivant.com)

**Our Facebook Page:** Fabienne Flamand & L'Ecole du Tao vivant  
**Discover our *Tao Yin* videos:** [www.taovivant.com](http://www.taovivant.com)

« I am simply so happy to meet you or see you again!  
See you soon in the joy of sharing good TAO vibes! »



Fabienne

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