

Experience the Amazing Health Benefits and the Healing Power of the Microcosmic Orbit & Cat Walk Qigong for Yourself !

1 Day Workshop : Sat 24 Nov — 10am to 5.30pm

Easy & nourishing! Suitable for Everyone. No experience is necessary.

What is the Microcosmic Orbit?

Taoists have long held the Microcosmic Orbit as **the heart of the foundation techniques** in their system of health, martial arts and spirituality. The Microcosmic Orbit is the circulation of internal energy through the body's Governing (Du Meridian) and Conception (Ren Meridian) Vessels which run up the spine and down the front of the body's midline. **Opening this circuit is important** because it links all the major energy pathways (meridians or Jing Lou) which support the internal organs and their functions. **It nourishes and heals the body on a deep level** and strengthens yin energy.



For thousands of years, Taoist masters kept this training method a secret for their own development, in terms of health and longevity and for the cultivation of a strong internal foundation. Without the Orbit being truly open, it is almost impossible to advance to higher levels in qigong. Nowadays, it is an important tool in self healing. Opening the Orbit will stimulate the body's innate healing processes.

This is a **sitting Qigong**. Students will be taught a simple but effective method to stimulate the energy centres and build up the energy to open the Orbit naturally. There are **many books that describe various ways to open the Microcosmic Orbit. Unfortunately, these can often be misleading and are fraught with misconceptions.** This is why it is important to learn from a teacher who can guide you through this energy landscape. If not, it is easy to become lost by practising an incorrect method. Not only will time be wasted, it could also lead to energy imbalance which defeats the whole purpose of the Orbit.



In this workshop, you will learn to **use the mind to work directly with the energy** instead of relying on movement to guide the energy. There is a number of steps and each step will progressively develop **benefits** for the heart, respiratory and digestive systems. It will also improve sexual functioning, the immune and endocrine systems and boost overall energy levels.

Once the Microcosmic Orbit is open, you will truly know and experience the intelligence of energy. It will automatically adjust the energy flow, sending energy to where it is needed. **This has a huge beneficial impact on the organs and their meridians which are always being supported by the strength of the Orbit.** In another words, all the tributaries are now being nourished by the two main rivers which are strong and flowing as one. This is an indispensable practice for anyone who is serious about maintaining good health and/or taking energy development to another level!

The opening of the Orbit is a major milestone. **There is life before the Orbit and then — life after the Orbit.** You will find a very noticeable difference in the functioning

of your energy (and thereby your health) as your Orbit becomes powerful.

Many of the Orbit students were surprised by the simplicity and power of this practice. They were astonished by how much they could feel. After 2 months of practice, some students reported that a few of the **energy centres become hot** during the sitting. This was amazing, considering all the years of doing other practices where they had never ever felt warmth, let alone strong heat, in those areas.

The **Cat Walk Qigong**, which stimulates all the energy channels in the body, will also be taught in this workshop. Doing the Cat Walk will refresh and energise you when you are feeling tired. It **clears sluggishness**, works on the nervous system and restores balance, enabling you to feel alert. **Meditators will find this very helpful for their sitting meditation practice.** The **special breathing technique** will strengthen the lungs. The movement of the Cat Walk will improve the spleen and stomach system. This is one of the most efficient practices to restore good health for people who suffer from poor health.



The workshop will be presented by **Fontane Ip** who has over 28 years of teaching experience. Fontane specialises in Qigong and meditation practices. She speaks about significant aspects which are rarely discussed.

Sat 24 Nov 2018 10am to 5.30pm \$360– GST included

Students who also enrol in Tai Chi or Wu Dao Gong are eligible for a special rate of **\$280–**

Revision Rate for previous participants: \$140-

Wesley Centre Hall, behind the Rydges Hotel corner National Circt & Fitzroy St, **Forrest**

The hall can be accessed through the main entrance of the building in the carpark.

Note: Please bring a **notebook** and **pen, blanket** and **cushion** (or pillow) to sit on. If you are unable to sit on a cushion, chairs are available.

Please also bring **lunch, drinks, snacks, a mug** and **a teaspoon**. Tea and coffee will be provided.

Bookings are essential – pay online,

<https://www.taichiacademy.com.au/tca/courses-view> – phone the Office on 02 6296 1357 or pay your instructor.

Please pay the workshop fee to confirm your booking.

M/C, visa & Amex are welcome.

TAI CHI ACADEMY PO Box 70 Woden ACT 2606

Microcosmic Orbit Qigong Testimonials:

“It’s a gentle stream of vitalising warmth flowing around my two energy channels! After two years of practice – *mostly* observant, according to the method taught by Fontane – my Microcosmic Orbit has opened.

At first I thought that I was directing it as I focused momentarily on each point, but to my delight, I then felt a continuous circuit of inner warmth sweeping down from the Dian Tan, up and then over, and down within my body. It can become quite hot, but it is always enjoyable and wonderful.

I practise the Microcosmic Orbit a short time before going to bed. It enhances my sleep and my sense of well-being during the day, and has given me even more faith and confidence in Qigong for increasing energy and stimulating self-healing.”
— Bernadette, Retired

“What I have gained so far from the Microcosmic Orbit practice: ● less tired and better sleep
● sensing the energy flows within my body and particularly at the energy centres ● peace and calm within myself ● more easily able to work under pressure without the impact of the stress and quicker recovery
Of all the practices I’ve learnt from the Tai Chi Academy, this is the best, the most helpful so far!”
— Jon, Registered Nurse

“My experience has been really good. I’ve been able to feel the free flow of energy through the main centres, and understand that it has its own consciousness to find where it needs to go to help the areas where needed (lower back in my case). I’ve gained a lot of extra energy, feel amazing and it seems to help me in long tiring days at work, especially physical labour. It has also helped me with self discipline knowing how good this tool is and how it has benefitted my life and others to lead a relaxing stress-free life. Thank you.”
— Adam, Bricklayer

“I have thoroughly enjoyed the Microcosmic Orbit course. The first class where my insides were vibrating was just extraordinary. Fontane’s instructions and explanations have been great.”
— Julie, Accountant

“Doing regular Microcosmic Orbit practice has benefitted me in a number of ways:

- more energy
- clarity
- ability to calm myself when needed (less anxiety)
- increased sensitivity to thoughts, feelings and body awareness

I’ve also noticed that during the course, my other qigong practices have deepened. And I feel like this is only the beginning

— Andrew, Public Servant

“I found that I feel more relaxed but alert and content – happier. This feeling continues for longer the more I practise.”
— Elizabeth, Office Worker

“The explanations that Fontane gave about Qigong and its working filled in a lot of gaps in my knowledge and enabled me to put the pieces together and gain a greater understanding of the purpose of the practice and Qigong on a grander scale.

From my practice, I have noticed that my health has slowly improved and my energy levels have been steadily increasing to levels I haven’t felt for some time. I also noticed that I don’t feel unwell as often as I was in the past, which is great!

During the following months of practising the Orbit, I started to feel lots of nice sensations which included the moving of the energy along the two channels and the various points along the meridians. Finally after about 10 months or so, one night while practising, my Orbit finally opened. I was able to feel the energy moving down between my legs, up the spine and over my head like a waterfall in a continuous loop. It was a great surprise and a great experience that lasted several minutes.

I can recommend the Microcosmic Orbit training to anyone interested in Qigong or if you have a health issue. It’s easy to learn. It could be one of the best things you do for yourself, and your overall health.

Fontane is a great teacher and is willing to share her knowledge and experience of this very beneficial practice.”
— Tony, Retailer

“On a recent flight from Sydney to Perth, I was extremely tired. We had gone to bed at midnight after packing the car, then woken at 2am to drive to Sydney Airport for a 7:00am flight. The two kids aged 4 and 7 did not go to sleep either in the car or on the plane. I was sitting with them trying to keep them entertained while my husband sat a few rows away.

After 2-3 hours' flying, by 10am I was so tired, I felt like crying! I then swapped seats with my husband and was able to close my eyes at last. I can never sleep on planes, so I decided to practise the Microcosmic Orbit meditation while I had the chance. I didn’t feel anything during the meditation. But when I opened my eyes at the end, I immediately noticed I wasn’t tired anymore. We landed in Perth at lunchtime and I was able to manage the whole rest of that day without feeling tired, until about 10pm that night.”

— Kath, Freelance Editor and Science Writer