



# White Cloud Institute

Kealakekua, Hawaii

2008

Certification Program

Chi Nei Tsang and  
Asian Body Therapy

Ancient learning for  
simplicity and peace  
in day-to-day living

PO Box 5151  
Santa Fe, NM 87502

# Chi Nei Tsang

White Cloud Institute's Chi Nei Tsang Certification Program prepares you for a healing practice which provides powerful Asian bodywork.

Chi Nei Tsang (CNT); Taoist Abdominal Massage is designed to provide deep healing by working directly on internal dysfunctions and energy blocks. Chi Nei Tsang is not only a bodytherapy technique, but a whole discipline involving training in vital energy cultivation (qigong) and active meditations to help open the body, mind and spirit. CNT is a way to begin to understand the Healing Tao System which is a very complete self-improvement program based on esoteric Taoist teachings and brought to the West by internationally renowned qigong Master, Mantak Chia.

The program offers three levels of certification and is arranged so that you may go at your own pace. Each level is achieved through a combination of coursework, case studies, supervised practicum, and treatments received. Coursework includes Chi Nei Tsang specific study as well as other Healing Tao classes such as Qigong and Meditation practice.

The first step is Practitioner Level I, requiring 225 hours.

The next step is Practitioner Level II, requiring an additional 100 hours.

The final level certifies you as a Chi Nei Tsang Senior Practitioner or Teaching Assistant and requires 100 more hours.

## Course Offerings

### 2008 Course Schedule

Location: Hawaiian Islands  
School of Massage  
81-6587 Mamalahoa Hwy  
Kealahou, HI

Classes: 9:30am - 5:30pm daily

#### Chi Nei Tsang 101 Fundamentals The Metabolic Level

February 29 -March 2, 2008  
Tuition \$375

#### Chi Nei Tsang 102 Global Body Attitude; The Structural Level

June 27-29, 2008  
Tuition \$375

#### Chi Nei Tsang 103 Emotional Processing; The Energetic Level

November 21-23, 2008  
Tuition \$375

All classes are Nationally Certified  
for continuing education credit for  
Massage, Nursing & Acupuncture

To Register, Contact:  
White Cloud Institute at  
(505) 471 - 9330

whitecloudnm@aol.com

www.whitecloudinstitute.com  
PO Box 5151, Santa Fe, NM 87502

#### Chi Nei Tsang 101 Fundamentals The Metabolic Level

This course will give you a firm foundation in this ancient healing tradition. Learn the basic hands-on techniques to restore health and vitality to the internal organs. This course will cover; the basic traditional principles of Chi Nei Tsang, beginning anatomy of the internal organs, Taoist meditations and breathing exercises, qigong to increase the flow of chi through the body, and a complete detoxifying routine. Emphasis on developing chi in the practitioner. Coursework includes a complete detoxifying routine, qigong and meditations to cultivate and circulate chi, 5-elements theory, and practical ways to increase health and vitality. You will also learn a self help routine.

#### Chi Nei Tsang 102 Global Body Attitude The Structural Level

Explore the breathing process, internal patterns of tension and the resulting misalignments of the structure of the body. Learn treatments to purge stagnant energy from the body by "chasing the winds. Enjoy the benefits of Swimming Dragon and Incense Qigong. Replace the Uterus, Bladder and Prostate for better health and chi flow. Correct problems of the Diaphragm and Psoas muscles.

#### Chi Nei Tsang 103 Emotional Processing The Energetic Level

Refine your CNT skills with advanced Taoist meditations focused on emotional clearing, scanning techniques, and treatments for pre- and post- surgeries. We will practice Primordial Qigong, and look at ancestral disease patterns and the dying process. Learn Primordial Qigong and the powerful Fusion of the 5 Elements Meditation. Introduction to Medical Qigong for Cancer patients.

You do not need to be a practitioner to enroll in these courses, but they must be taken in order.

#### Instructor

Caryn Boyd Diel, founder of the White Cloud Institute, has a full time Private practice in Santa Fe which incorporates 27 years of study in the areas of counseling, bodywork and energy healing. Graduate of the Barbara Brennan School of Healing and a Universal Healing Tao Instructor, she moves fluidly between dimensions to assist clients and students to find new direction and wellness.

Caryn enjoys teaching others how the human energy field contributes to health and the evolution of consciousness. She combines cutting edge quantum physics with ancient Taoist practices into her ever expanding curriculum.

