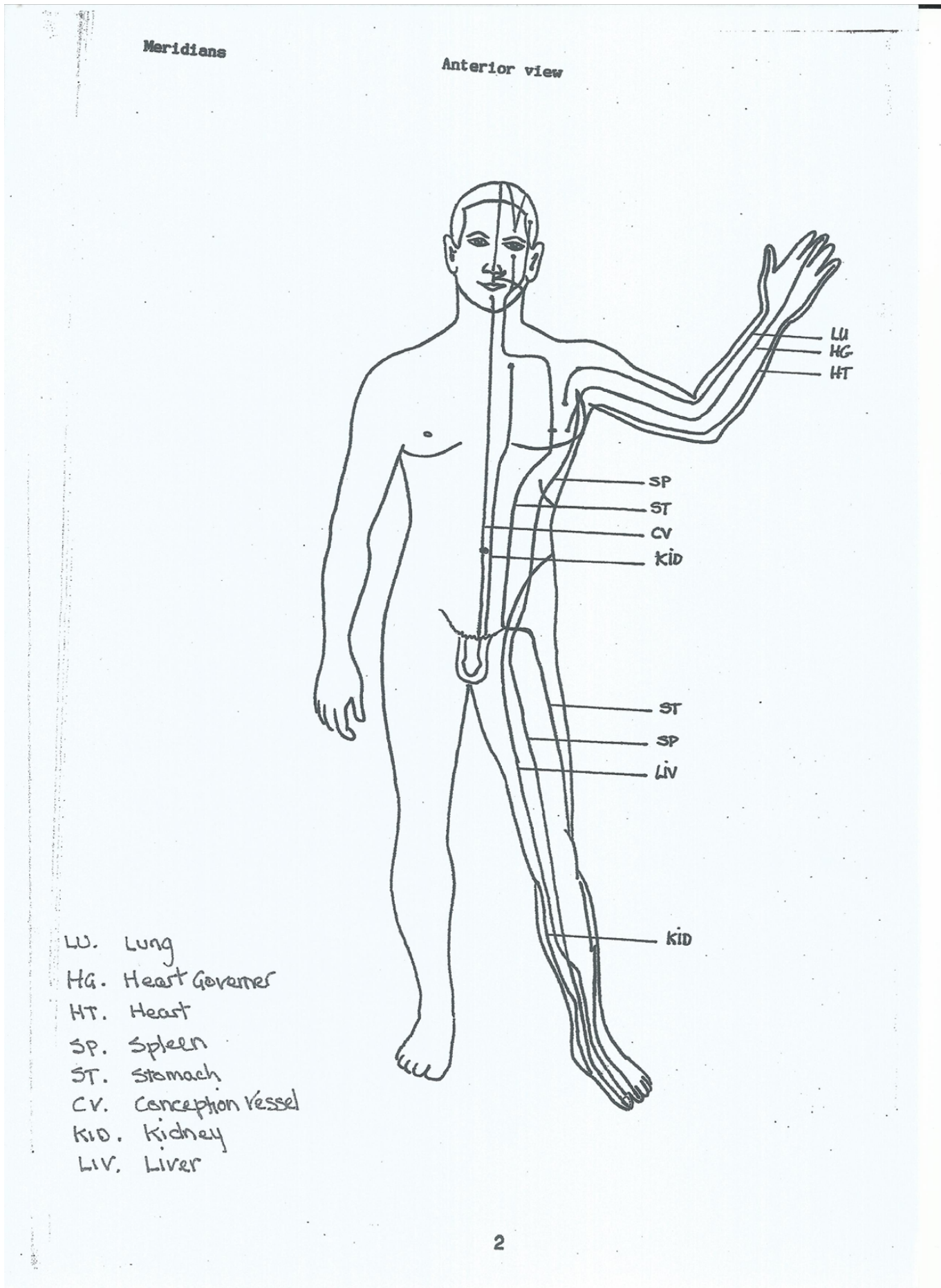


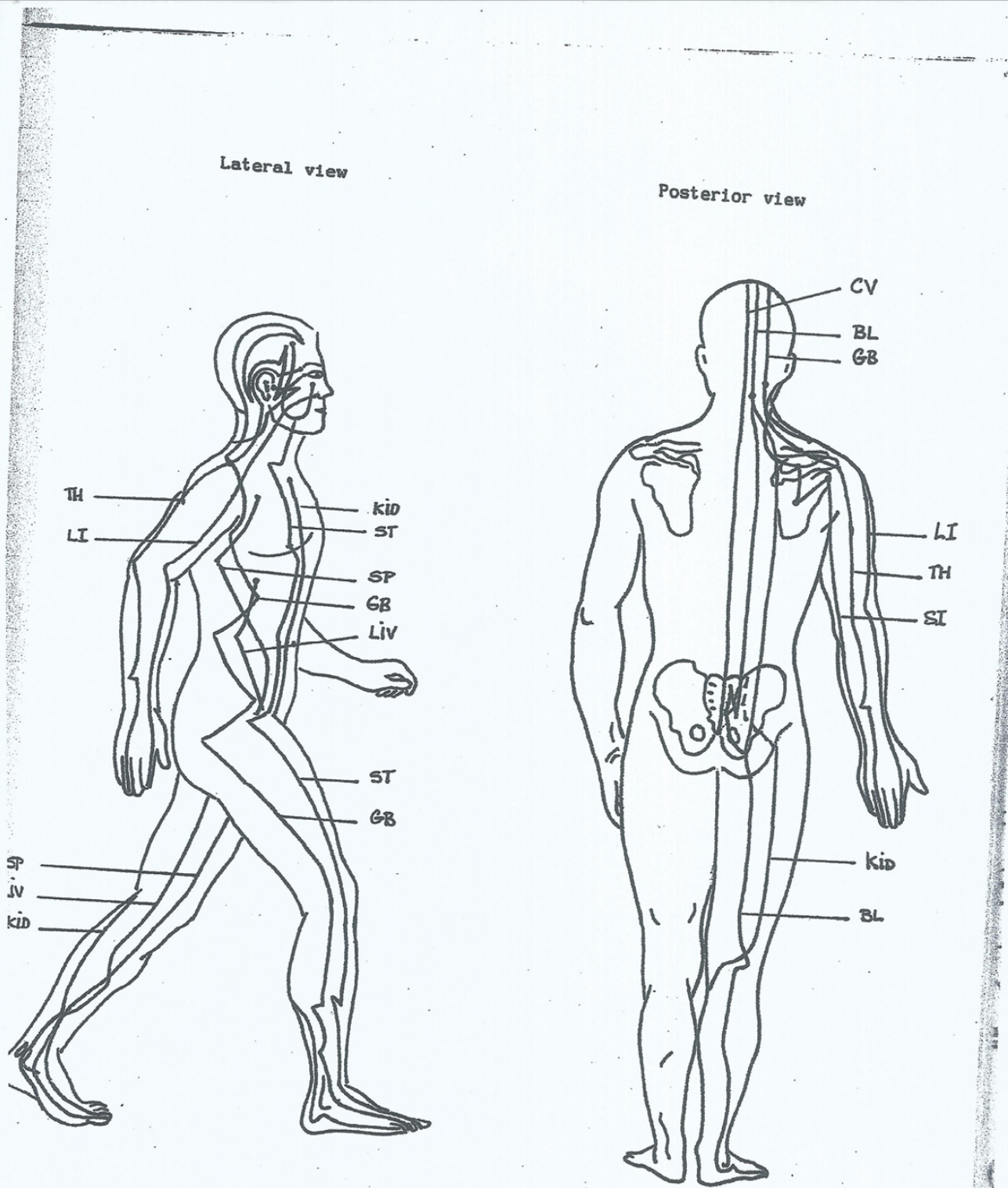
Chi Gong Information & Links

Meridians - Front View YIN - moves up the front & inside of limbs



- LU. Lung
- HG. Heart Governor
- HT. Heart
- SP. Spleen
- ST. Stomach
- CV. Conception Vessel
- Kid. Kidney
- LIV. Liver

Meridians - Side & Back View. YANG - moves down back & exterior limbs
 Chi - energy Gong - working with



TH - Triple Heater
 LI - Large Intestine
 SP - Spleen
 LIV - Liver
 KID - Kidney

ST - Stomach
 GB - Gall Bladder
 SI - Small Intestine
 BL - Bladder
 CV - Conception Vessel

Yin Contracting; energy moves downward in preparation and building up of energy transforming into the rising yang energy. This is the perpetual cycle of chi.

Yang Expanding: As yang energy bursts free of ying energy, it grows in its upward movement, forever expanding.

Below is link to a simple explanation of Ying & Yang

<https://www.google.com/search?client=safari&rls=en&q=ying+yang+simple+explanation&ie=UTF-8&oe=UTF-8#fpstate=ive&vld=cid:1017c639,vid:ezmR9Attpyc,st:0>

The Physiology of Tai Chi and QiGong

This quite a slick cheesy presentation by a well respected teacher, the animated body visuals give a good idea of how we in the west with all our medical knowledge & science can relate to this ancient system of chi, energy, meridians & channels.

<https://www.youtube.com/watch?v=ZJRtZAwVwgo>



Hun Yuan; There are many styles of Chi Gong & Tai Chi you can read about & find presented in videos on YouTube. The Hun Yuan lineage, a very flowing meditative style, was passed from the great teacher; Feng Zhi Quian (you can find videos of this past master

on YouTube) & Chen Xiang. It is from the Chen family of practice. This lineage was passed on directly to our master in Spain, Pedro Valencia. It is very unusual to have a European lineage holder so we are very fortunate to have access to this particular style and benefit from his great understanding of working with chi. I have been a student of Pedro for some years & this is the style I will present & hopefully give a flavour of in this retreat at Land of Joy. Sadly the Hun Yuan association is not so active in Britain but if you can find a teacher near you get in touch & try a class.

Hun Yuan Spain website - Pedro Valencia

Below is the link to Galeria de videos - chi gong, tai chi & martial arts.

<https://www.hunyuantaichi.com/biblioteca/galeria-de-videos/galeria-documentales/>

Pedro Valencia - Basic Potentials - moves of Chi Gong & Tai Chi Although the video is in Spanish it is well worth seeing how the Master does it! We can

learn a lot from just watching & seeing how he works with chi - we can see the years of practice.

There are plenty of practice videos in the video gallery - scroll down to video 13 Bases: Explicación breve - it's about half way down the page.

This video shows us the first 4 Potentials/Bases - that we practice in the class - go to 3.25min on video, if you don't speak Spanish! These movements, working with chi, are the basis of all Tai Chi forms, martial arts.

<https://www.hunyuantaichi.com/biblioteca/galeria-de-videos/galeria-videos-practicas/>

Daily Warm up Session with Pedro Valencia

Below is a video of the basic warm up session we will be doing with a couple of variations. You can mute the Spanish if you want! The expansion & contraction of chi in the Hara (tummy) heart & crown dantians are central to Hun yuan practice & form the basis for chi gong, tai chi & all martial arts.

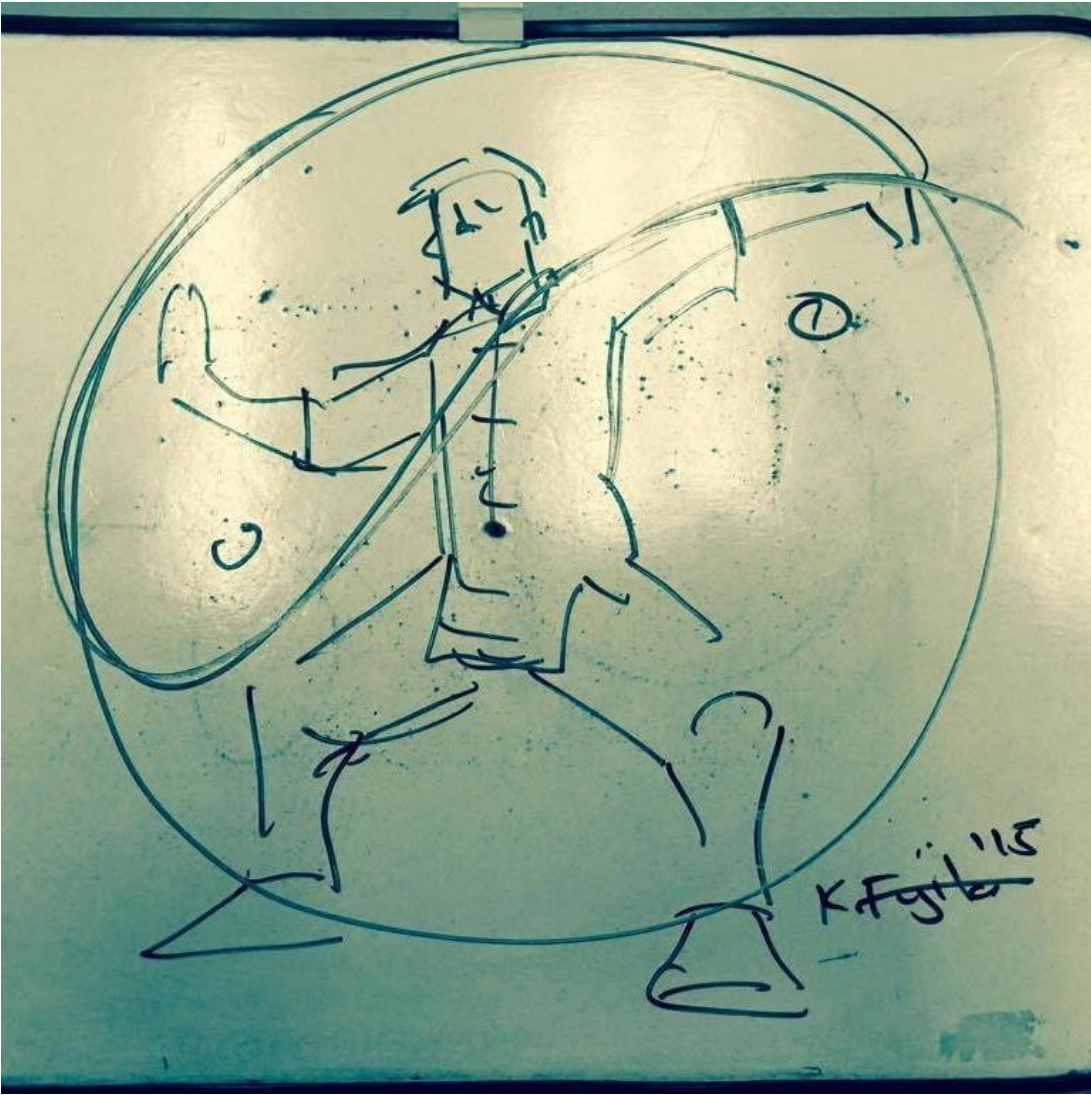
Click on the image below;



The Inner Structure of Tai Chi - Mantak Chia & Juan Li

Published by Destiny Books. ISBN; 078-159477058-6

A more in depth introduction to the subject of Tai Chi, which by definition includes Chi Gong as its very basis. Helpful to understand its history & development. There are also plenty of physical exercises shown.



Chi

