


The Complete Guide to Yiquan: Discover the Art of Energy and Mental Training

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**TRANSFORMATIONAL
SOUL FOCUSED HEALING**
Energy Medicine for the Body Mind Heart & Soul

The Art of Energy Healing

Level I - The Foundation

March 5th-7th
Friday - Sunday 10 AM-5 PM est


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Soul Focused Healing is a precise and scientific system of energy medicine. It works with the perfected anatomical design of the energy field through the Chakra System, and its corresponding organs, glands, and systems of the body, unlocking the mystery of the cellular memory and revealing the pathway of dis-ease and disharmony in the body, mind, heart, and Soul. When this system is clean, balanced, and aligned it allows the innate intelligence and wisdom of the soul to express itself freely through the personality body, bringing deeper levels of health, vitality and consciousness in to one's body and life.

Join us for the class that will begin to Transform your Life and Teach you Skills to work with your patients, clients, family and friends, and yourself, bringing a new dimension of being into your life.

This Experiential Level I class will include:

- The 7 chakras, organs, and glands
- Energy Anatomy and Physiology
- Sensing and Feeling Energy
- Guided Meditations
- Distance Healing




Teresa D. Martinez is an accomplished SFH Energy Medicine practitioner and spiritual teacher. With over 20 years of wellness training, Teresa has been a certified teacher of Soul Focused Healing since 2009. She enjoys sharing her wisdom, knowledge, and gifts, as well as her deep passion for life, with people on the healing and awakening journey. Teresa is dedicated to conscious vibrant living, spiritual development, ascension, and the evolution process happening on Earth.

Cost: \$250.00
Retake: \$100.00

Date: March 5-7, 2021
Time: 10 am- 5 pm est

Location:
Zoom Class Info will be sent with receipt.

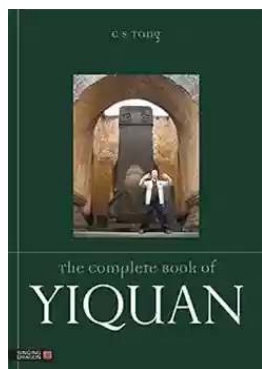


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If you are fascinated by martial arts and are looking to explore a discipline that focuses on both physical and mental training, then Yiquan might be just what you

need. With its emphasis on harnessing internal energy and developing mental focus, Yiquan offers a unique approach to martial arts that sets it apart from other forms such as Taekwondo or Karate.



The Complete Book of Yiquan

by Robert E. Howard (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English
File size : 37669 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 418 pages



What is Yiquan?

Yiquan, also known as Dachengquan, is a Chinese martial art that was developed by Master Wang Xiangzhai in the early 20th century. It is based on the principles of using mind intention to promote the flow of Qi (energy) throughout the body, resulting in improved health, physical strength, and combat effectiveness.

Unlike other martial arts styles that focus primarily on external movements and techniques, Yiquan emphasizes internal cultivation. It is often described as a synthesis of philosophy, martial arts, and self-development. Its holistic approach seeks to maximize the potential of the human body and mind through rigorous training and mental conditioning.

The Five Elements of Yiquan

Yiquan is based on five essential elements that form the foundation of the practice:

- **Zhan Zhuang** - Standing Meditation: The practitioner assumes static postures to develop stability, balance, and body alignment. This also helps in training mental focus and deep internal breathing.
- **Shi Li** - Power Testing: Practitioners engage in various movements and exercises to develop whole-body power, speed, and precision.
- **Xing Yi** - Shape-Intent Boxing: This element focuses on training specific movements and sequences that simulate combat scenarios. It aims to develop practical fighting skills and efficient body mechanics.
- **Da Lu** - Guided Footwork: This element emphasizes footwork training to develop agility, coordination, and mobility in combat situations.
- **Rou Shou** - Gentle Tactile Sensitivity: Practitioners partner up and engage in controlled interactions to develop sensitivity, reflexes, and the ability to adapt to different opponents.

The Benefits of Practicing Yiquan

Yiquan offers a wide range of benefits for individuals of all ages and fitness levels. Some of the key advantages of practicing Yiquan include:

- **Physical Fitness:** Yiquan training improves strength, flexibility, coordination, and overall physical well-being.
- **Mental Clarity:** Regular practice of Yiquan helps develop concentration, focus, and mindfulness, leading to enhanced mental clarity and emotional stability.

- **Stress Relief:** The meditative aspects of Yiquan help reduce stress, anxiety, and tension, promoting a sense of calmness and relaxation.
- **Self-Defense Skills:** Yiquan's focus on practical techniques prepares practitioners for real-life self-defense situations.
- **Energy Cultivation:** Yiquan emphasizes harnessing and directing internal energy (Qi), leading to improved vitality and overall health.
- **Self-Development:** Yiquan's training methods promote self-discipline, perseverance, and personal growth.

Getting Started with Yiquan

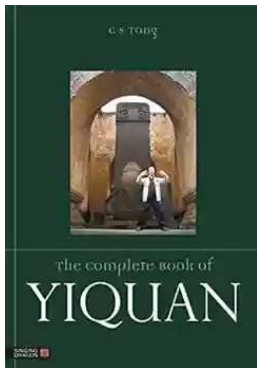
If you are interested in starting your journey into the world of Yiquan, here are a few tips to help you get started:

1. Find a reputable Yiquan instructor: Look for an experienced instructor who can guide you through the practice and help you understand the fundamental principles.
2. Start with the basics: Begin by mastering the foundational standing and breathing exercises (Zhan Zhuang) before progressing to other elements of Yiquan.
3. Practice regularly: Consistency is key in Yiquan. Regular practice will help you develop the necessary skills and reap the benefits of this discipline.
4. Be patient and persistent: Yiquan is a lifelong journey, and progress may not always be linear. Stay committed and keep striving for improvement.
5. Stay open-minded: Yiquan incorporates elements of philosophy and mental training. Embrace the holistic approach and be willing to explore new concepts and ideas.

The Essence of Yiquan

At its core, Yiquan is not just about physical movements but about self-discovery and inner transformation. It goes beyond combat skills, nurturing a deep connection between the body, mind, and spirit. Through dedicated practice, Yiquan can help individuals unlock their true potential and live a harmonious and balanced life.

So, if you are ready to embark on a journey of self-exploration and uncover the hidden power within, Yiquan may just be the path for you. Start your training today and experience a martial art like no other.



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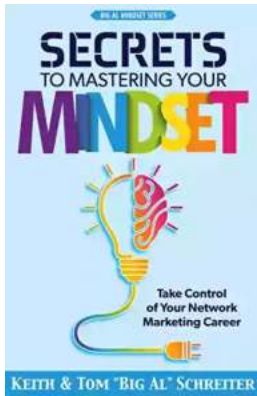
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With detailed photographs and clear instruction for practice, this is the first book comprehensively to cover the history, development and training methods of this rarely taught esoteric internal martial art. The deceptively simple postures and movements of Yiquan are highly effective for achieving results for both health and combat, making it very appealing to martial artists, and Master Tang here reveals the secrets of a martial art still surrounded in mystery. He also provides a history

of the origins and lineage of the Yiquan tradition, as well as detailed information on the stances and movements, weapons, and programs, grading and teaching.

This complete guide to Yiquan will be essential for anyone interested in Yiquan or oriental martial and internal arts more generally.



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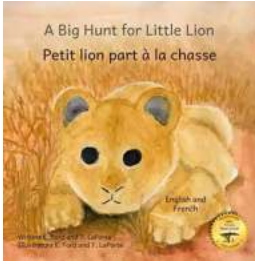
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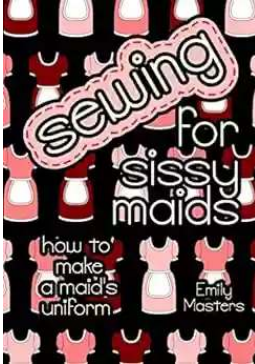
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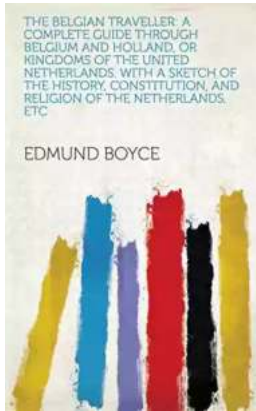
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