

Rejuvenation & Meditation Retreat, An immersion in Taoist feng Shui and self-healing practice

Led by Dr Mao Shing Ni, anti-aging specialist, bestselling author, master coach, and lineage caretaker of the 75 generation Integral Way tradition

The retreat:

On the subtle level, each human being is a complete reflection of nature and of the universe. Thus, as we explore our mountain, waterfall, sky and evergreen nature, we discover for ourselves the enduring principles of dynamic equilibrium and open our heart to the way of harmony that is at the root of life.

Under the supervision of **Mount Blanc Massif**, we gain strength, regenerating our root, experiencing a deeper reality of integral oneness with nature. As we befriend the tall, sun reaching **alpine trees**, we reflect their upright spirit as they grow ever deeper roots along the **steep alpine slopes**. We benefit from the strong cleansing provided by the refreshing, negative ion-charged **waterfalls** and we learn unobstructed vision from the **high skies**.

Exercising Feng Shui energy meridians of nature and body, Symbiosis with Nature - Qi Gong & Meditation, Ba Gua Merry-go-Round Circular Walking, Expanding Universal Heart Meditation, Dao-In Yoga & Invocation Practice, Longevity foods, herbs & nutrients, North Star & Big Dipper Practice, Five Element Qi Gong, Harmony Tai Chi.

We will explore meditative exercises reaching to the core of life, receive gentle coaching in our contemplative experiences and exchange meaningfully in the warmth of our retreat group. Using **Feng Shui** principles for life guidance, **Qigong** healing and self-transformation, we will strengthen our self-balancing power, rejuvenate our vitality, and **awaken our universal compass leading toward a healthy, harmonious life.**



For more information,
go to the website.
<https://www.chirivers.com>
<https://www.collegeoftao.org>

About Dr Mao Shing Ni

Co-founder of Yo San University of Traditional Chinese Medicine and Tao of Wellness, Dr Mao Shing Ni is a 38th generation practitioner of Traditional Chinese Medicine, leading authority on the Taoist Arts and Taoist anti-aging medicine, and author of many books and DVDs on integrative health. Dr Ni teaches internationally meditation, Tai Chi and Qigong, Feng Shui, I Ching, Taoist Psychology, Chinese medicine and more. Beside his healing work, Dr Mao, like his father Hua-Ching Ni, is an acknowledged master of all aspects of Taoist arts and practice and the current caretaker of the Integral Way tradition.

About the Integral Way

Going back thousands of years, the Integral Way transmits one of humanity's oldest unbroken traditions of personal cultivation and spiritual development to the modern world. Its elucidation provides practical solutions for today's life and health challenges.