



Stretching, Breathing, Meditation... (B.E.S.T. step 1)

Dahn Yoga



Integrative stretching exercises based on the perfect coordination of: correct postures, breathing and conscious awareness. The exercises are designed to open the meridian channels and increase the energy flow that makes natural healing possible. It increases flexibility, balance, and fitness.

Hang-Gong



Meditation, with focus on breathing and Ki-energy. Through the conscious control of your breath, you will learn how to eliminate the harmful effects of stress and negative emotions. You will boost your immune system and restore the natural healing power of your body.

Ji-Gam Exercise



Ji-Gam Exercise introduces the awareness of Ki-energy through direct experience. It is a meditative exercise that develops the sixth sense so that practitioners can feel invisible Ki-energy. With concentration and a willingness to discover another level of awareness, Ki-energy is accessible through Ji-Gam. We can quiet our mind by focusing on the subtle sensation of Ki-energy. It allows practitioners to lower their brain waves below alpha level and be in the state of transparent awareness, cleared of mixed emotions and troubling thoughts.