



DAOIST Chi Kung with Inner Smile and The 6 Healing Sounds

Aumvedas Academy

WELCOME TO THE COURSE!

This course is designed to introduce you to ancient Taoist practices that integrate breathwork, visualization, and sound healing for deep internal transformation. Whether you are new to Chi Kung or an experienced practitioner, this course will help you cultivate emotional balance, strengthen your internal organs, and refine your vital energy (Chi).

COURSE OBJECTIVES

By the end of this course, you will:

- Understand the foundational principles of Taoist healing and energy work.
- Learn how emotions are stored in the organs and how to transform negative emotions into positive virtues.
- Master the *Inner Smile* meditation for self-healing and emotional well-being.
- Practice the *Six Healing Sounds* to detoxify and energize the body.
- Explore the 24-hour Chi cycle and align your daily activities with optimal energy flow.
- Experience the connection between breath, movement, sound, and visualization to cultivate vitality and inner peace.

WHAT'S INCLUDED?

- **Comprehensive Course Manual** (PDF/Print version available)
- **Support & Community** through discussion forums and live Q&A sessions

HOW TO USE THIS COURSE

1. **Start with the Basics** – Read through the introduction and foundation principles before jumping into the exercises.
2. **Follow the Sequence** – The lessons are designed progressively, so take your time mastering each practice before moving on.



3. **Practice Regularly** – Chi Kung is most effective when practiced consistently. Even 5-10 minutes a day can yield profound benefits.
4. **Listen to Your Body** – Some techniques may feel unfamiliar at first. Stay patient, breathe deeply, and let your body guide you.
5. **Take Notes & Reflect** – Keep a journal of your experiences, insights, and any shifts in energy or emotions.

DISCLAIMER

This course is for educational purposes only and does not replace professional medical advice. If you have any health concerns, consult a qualified healthcare provider before beginning any new practice.

ABOUT YOUR INSTRUCTOR

Dr. Catherine W. Dunne, Msc.D., RGN, is an experienced holistic practitioner, Tao Cosmic Healing Practitioner, and Co-Founder of Aumvedas Academy. With a background in integrative medicine, energy healing, and metaphysical sciences, Dr. Dunne brings a wealth of knowledge in traditional and modern healing arts.

LET'S BEGIN!

Get comfortable, take a deep breath, and step into the ancient wisdom of Taoist healing. Enjoy the journey!

Enroll.

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