

Living Heritage x Preventive Health Science x Swiss Innovation



Tai Ji and beyond

ETIM Foundation Handbook by FLOWVERSE, June 2026
A modern framework for Health, Adaptation and
Human Development.

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THE FLOWVERSE® ECOSYSTEM

From Daily Practice to Lifelong Transformation

FLOWMOVE®

The Entry. The Practice.
The Pathway to Change.



Movement is the doorway.
Daily practice is the bridge.

THE GOLDEN FOUR PRINCIPLES



INTENTION

Set the intention.
Align body and mind.



BREATH

Regulate the breath.
Calm and connect.



MOVEMENT

Move with awareness.
Open, flow, transform.



APPLICATION

Integrate into life.
Create positive impact.

Simple to learn. Easy to practice.
Powerful for daily life.



FLOWVERSE®

Swiss Innovation × Living Heritage
× Preventive Health Science

We distil the essence of
ancient wisdom,
clarify it through science,
and bring it to modern life
in a simple, effective way.



ETIM®

A Behaviour Operating System

Our core methodology and intellectual property.



REGULATE



RECOVER



ADAPT



TRANSFORM

COMPLEMENTARY PATHWAYS

Inspired by Traditional Wisdom.
Supporting Daily Practice.



TOUCH

Release tension.
Support circulation.



SOUND

Soothe the mind.
Reset vibration.



AROMA

Influence emotion.
Elevate awareness.



TEA & NOURISHMENT

Nourish the body.
Support balance.



NATURE IMMERSION

Reconnect with nature.
Regain harmony.

Flexible choices.
Use what supports you.
When you need it.

THE FLOWVERSE ECOSYSTEM

Technology × Data × Human Support

FLOWMOVE®



Practice System

Daily practices for
body, breath, mind
and awareness.

FLOWTRACKER®



Data & Insight

Track states and
patterns.
Understand trends.
Measure progress.

FLOWMATE®



AI Companion

Personalised guidance.
Smart recommendations.
Support anytime.

FLAWSOME®



Knowledge Hub

Science, philosophy,
tools and inspiration
for growth.

FLOWNOURISH®



Food & Lifestyle

Nourish the body.
Support energy,
immunity and
longevity.

FLOWCONNECT®



Community & Certification

Learn, connect,
contribute.
Grow together.



Integrated Ecosystem



Data flows across systems



Human connection amplifies transformation

ROOTED IN NATURE & WISDOM



Nature-Inspired

Learning from natural rhythms
and the intelligence of life.



Living Heritage

Inspired by Traditional Chinese
Health Culture and Daoist
self-cultivation.



Holistic Balance

Body, mind, emotions and
environment in harmony.



Sustainable Wellbeing

For individuals, communities
and the planet.



FLOWVERSE®

Reset human state in 1 minute. Anytime. Anywhere. No equipment.



Inspired
by nature.



Rooted in
living heritage.



Clarified
by science.



Enabled by
technology.



Driven by
human connection.

PART I — WHO WE ARE

FLOWVERSE Living Heritage × Preventive Health Science × Swiss Innovation Cultivating Health, Adaptation and Human Capacity for Modern Life

Human beings possess a form of intelligence that extends beyond thinking. It is expressed through how we breathe, move, recover, adapt and connect with others. At Flowverse, we call this **Embodied Intelligence**: the capacity to sense, regulate, recover, adapt and transform through the integration of body, mind, biology and human connection.

In a world filled with information, we believe health is cultivated through practice. It develops through small intentional actions - a minute of standing practice, a mindful Tai Ji walk, a conscious breath, or a moment of pause before reacting - repeated over time. Flowverse brings together living heritage, preventive health science and digital innovation to help people cultivate embodied intelligence in everyday life.

We do not seek to preserve tradition unchanged. We seek to understand what has endured, translate it into practical tools for modern life, and make it accessible for everyday practice.

Why Living Heritage Matters

Living heritage refers to knowledge that is not only preserved, but practiced, transmitted and continuously refined through human experience. Unlike information stored in books, living heritage survives through application. It is learned through doing, adapted across generations and tested in everyday life. Traditions such as Tai Ji, Qi Gong and Daoist cultivation are examples of living heritage. Over centuries, these traditions explored how human beings regulate stress, recover energy, adapt to change and cultivate wellbeing throughout life. Their value lies not only in their history, but in their continued relevance today. Flowverse does not seek to recreate the past. We seek to learn from what has endured. Knowledge is not only studied, but practiced. Not only explained, but embodied. Not only preserved, but continuously tested through human experience.

What ETIM Does and How ETIM Emerged

ETIM® (Extended Tai Ji Integrative Model) is the core framework behind Flowverse. ETIM helps people strengthen four essential capacities: Regulate · Recover · Adapt · Transform. Through simple practices that can be integrated into everyday life, from conscious breathing and standing practice to mindful movement, recovery rituals and social connection. ETIM emerged through the integration of leadership, behavioural science, neuroscience, preventive health, embodied practice and living heritage traditions. It translates insights from living heritage and modern science into practical tools for modern life.

Like all living systems, ETIM continues to evolve through research, practice and human experience. Its starting point is simple: Health is not a fixed state; health is the capacity to regulate, recover, adapt and transform throughout life.

ETIM Golden Four Principles

- 1. Intention Guides Attention**
Clear intention reduces hesitation, distraction and anxiety.

2. Breath Regulates Energy
Slow and natural breathing helps calm the nervous system, improve emotional regulation and restore inner balance.

3. Movement Expresses Integration
The entire body functions as one coordinated system rather than a collection of separate parts.

4. Application Transforms Practice into Life
Every movement carries meaning. Some movements cultivate balance, mobility and strength. Others develop patience, adaptability, sensitivity and resilience. Traditionally, these qualities supported martial application, yet their relevance extends far beyond it. They are expressions of embodied intelligence: the ability to sense before reacting, to remain stable under pressure, to adapt to changing circumstances, to balance strength with flexibility and to respond rather than resist.

The Flowverse Symbol

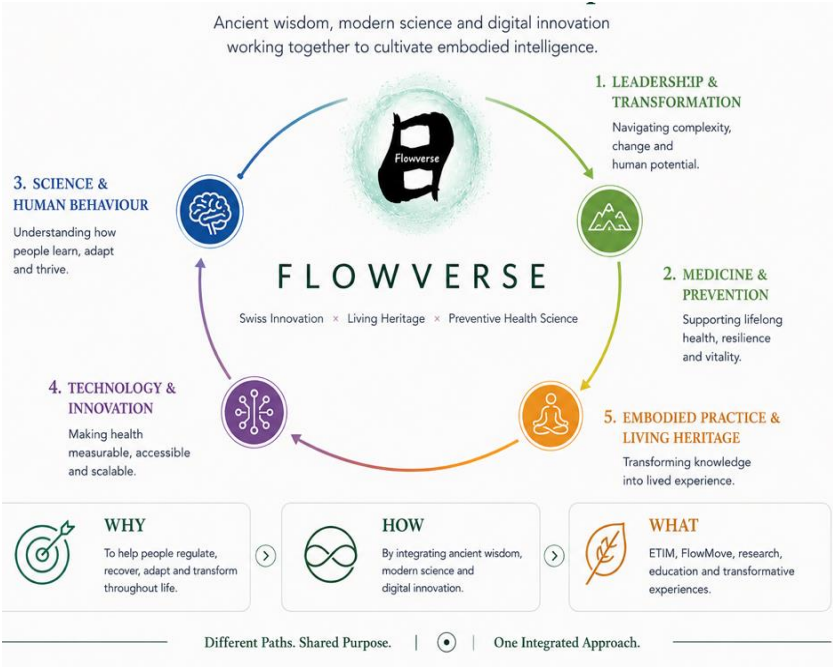
- Two interconnected Fs.

A rising sun within a drop of water, forming an open eye. The open eye looks back with respect, sees the present with clarity, and meets the future with curiosity.

A reminder to perceive before acting, adapt before forcing, and grow through continuous practice.

First sense. Then regulate. Then respond.

Different Paths. Shared Purpose.



Flowverse was not built only by researchers, clinicians, technologists or entrepreneurs. It was built by practitioners. People who have explored health not only through study and professional work, but also through personal practice and lived experience. Different paths. Shared purpose.

People behind Flowverse

Wei Braunberger – Founder & CEO · Initiator of ETIM

Combining leadership, strategy, innovation and transformation expertise with an entrepreneurial mindset, and decades of exploration across movement, extreme sports, Tai Ji and Daoist cultivation, Wei initiated and developed ETIM, a modern integrative framework shaped through interdisciplinary collaboration spanning neuroscience, psychology, movement, technology and preventive health. 16th-Generation Lineage Holder of Wudang Sanfeng Tai Ji.

Dr. Bingjie Cheng – Co-Founder & Chief Science Officer

Drawing on expertise in neuroscience, psychology and user experience research, as well as years of exploration in movement, music and embodied practice, Bingjie helps translate scientific insights into practical approaches that support holistic wellbeing and human flourish. Former Scientist in Neuroscience and Psychology (University of Zurich & ETH Zurich).

Yilu Chen – Technology & Product Development

Combining technology, product innovation and visual systems thinking to help translate Flowverse concepts into accessible, engaging and scalable digital experiences. ETH Zurich Graduate · Software Engineer at the Swiss National Supercomputing Centre

Jelena Duza – Lead PR & Communications

With experience spanning public affairs, health policy and strategic engagement, Jelena helps connect Flowverse with partners across healthcare, policy and society. Expert in public affairs and health policy across the European healthcare landscape.

Dr. Jana Schader – Flowverse Ambassador

An orthopaedic surgeon with a strong interest in movement and preventive health, Jana represents a spirit of curiosity and exploration, helping connect modern medicine with the lifelong cultivation of health and wellbeing. Specialist in Spinal Orthopaedics.

PART II — WHY MODERN LIFE NEEDS ETIM

Everyday Transformation through Integrated Movement

Life does not exhaust us because it is difficult. It exhausts us because it rarely stops. Most people today **do not** suffer from a lack of information. We know that movement, sleep, recovery, social connection and stress management support health. The challenge is not knowing. The challenge is integrating these behaviours into everyday life.

As a result, a lot of us experience a **growing gap between functioning and feeling well**. They continue to work, perform and meet responsibilities. Yet underneath, they may feel increasingly fatigued, distracted, disconnected or overwhelmed. This **growing gap between how we live and how we are designed to live** is one of the defining health challenges of our time.

ETIM was developed to help **bridge this gap**. Rather than focusing on a single aspect of wellbeing, ETIM takes an integrated approach. It recognises that physical health, mental wellbeing, biological regulation and social connection continuously influence one another.

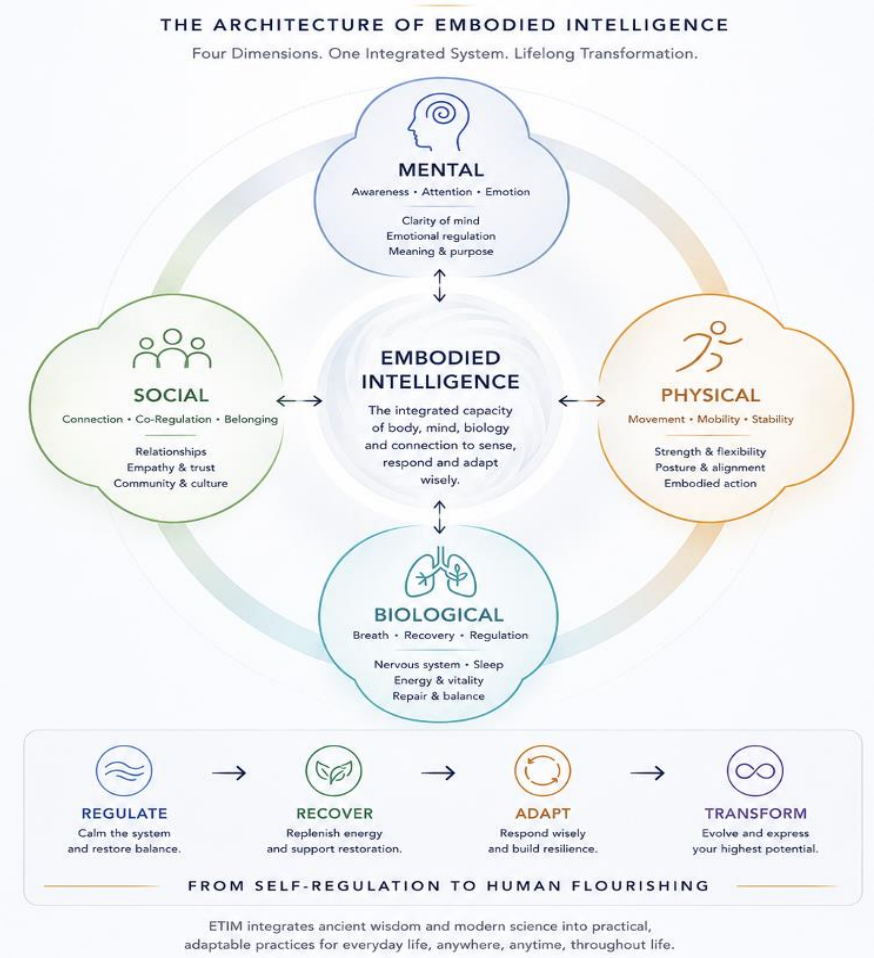
Life requires different states: focus and recovery, action and reflection, energy and rest. Health depends on our ability to move intelligently between these states. ETIM develops this capacity through practical tools that support regulation, recovery and adaptation in everyday life. Lasting change is rarely created through occasional interventions. It is cultivated through daily practice.

Anytime. Anywhere.
Throughout life.



PART III — THE ETIM FRAMEWORK
A System for Deep Health Transformation

ETIM® (Extended Tai Ji Integrative Model) organises health into four interconnected dimensions: Physical, Mental, Biological and Social. Rather than viewing these dimensions separately, ETIM understands them as a living system in which each continuously influences the others. How we move influences how we feel, how we feel influences how we recover, how we recover influences how we think, how we relate to others influences all three. Health therefore emerges not from a single intervention, but from the interaction of multiple systems working together. The goal of ETIM is to strengthen four essential human capacities: Regulate, Recover, Adapt and Transform. Together, these capacities help people navigate the changing demands of everyday life with greater awareness, resilience and adaptability.



Physical: Movement is the language of the body. **Mental:** Awareness is the beginning of change. **Biological:** Life depends on regulation. **Social:** We do not regulate alone.

PHYSICAL

Movement as Embodied Intelligence

Movement is one of the body's oldest forms of intelligence. Long before we learn to analyse or explain, we learn through movement, we reach, explore and adapt. Yet the way many people move, some move too little, others move a great deal. But both may experience similar challenges: stiffness, pain, fatigue, poor posture, recurring injuries or a growing sense of disconnection from the body itself. The challenge is often not a lack of movement, but a lack of movement intelligence.

Many of us learn how to train; fewer learn how to sense. We strengthen large muscles while overlooking the smaller stabilizing systems that support long-term movement quality. We pursue performance while neglecting recovery. ETIM therefore asks a different question: *What does this body need right now?*

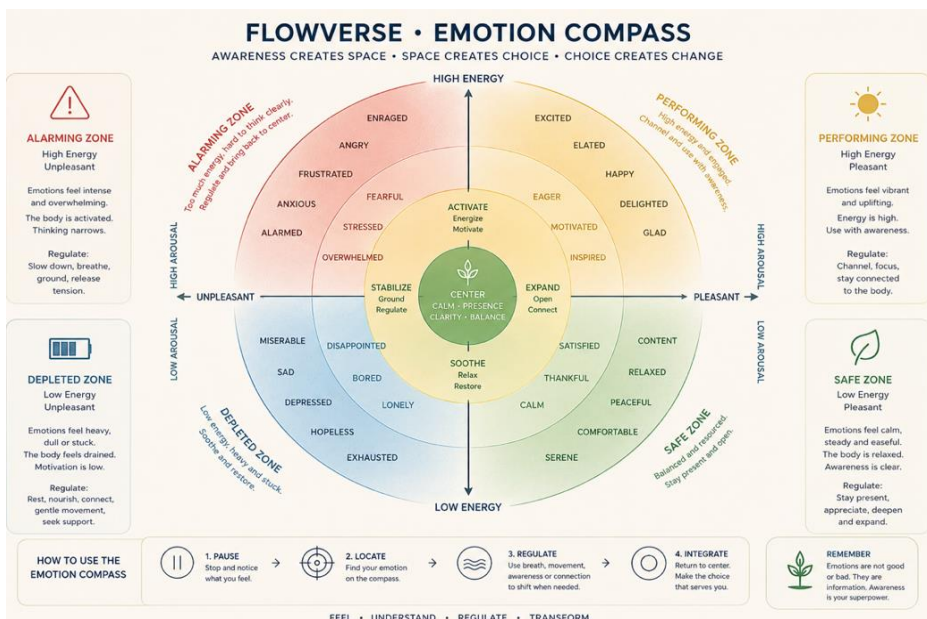
Drawing inspiration from Tai Ji, Qi Gong, dance, sports science and functional movement, ETIM develops **movement intelligence rather than movement quantity**. The goal is not simply to move more, the goal is to move with greater awareness, adaptability and efficiency. As movement becomes more intelligent, balance becomes more responsive, posture becomes more alive, and the body becomes a source of information rather than something to overcome. Within ETIM, physical development is not only about fitness. It is about **cultivating embodied intelligence through movement**.

MENTAL

Awareness as the Foundation of Regulation

Modern life competes for one resource more than almost any other: attention, messages, meetings, notifications, screens, algorithms and social expectations constantly pull awareness outward. At the same time, many people become less connected to their internal experience. Stress is often noticed only when the body is already tense. Exhaustion is often recognized only when recovery is already overdue. Emotion is often noticed only after it has become reaction.

Ancient practices such as Tai Ji and Qi Gong were never only physical exercises. They were also practices of awareness - the ability to notice, to listen, to sense change before it becomes crisis, to respond rather than react. ETIM views awareness as the foundation of self-regulation. Because awareness creates space. And in that space, choice becomes possible.



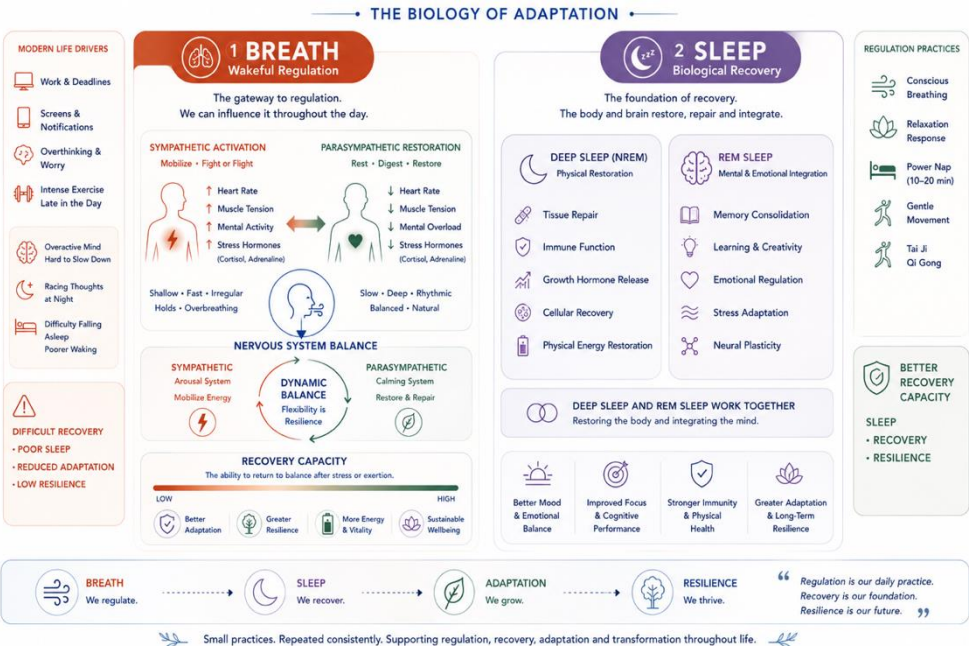
The Emotion Compass helps make inner experience visible. By exploring the relationship between energy and feeling, it supports emotional literacy, self-awareness and regulation. Mental wellbeing is the ability to navigate challenge with greater awareness, flexibility and skill. Within ETIM, awareness is one of the primary gateways to embodied intelligence. We cannot regulate what we do not notice. Awareness is the beginning of change.

BIOLOGICAL
Recovery as the Foundation of Adaptation

Life depends on rhythm: breathing and exhaling, activity and recovery, wakefulness and sleep. The body is constantly adapting to changing demands, often without conscious awareness. Most of the processes that keep us alive happen automatically: breathing, heart rate, digestion, sleep, recovery and energy regulation. Yet these processes are profoundly influenced by how we move, breathe, feel, recover and live.

Mental and biological health are inseparable. Every emotional state has a physiological expression. Every physiological state shapes how we think, feel and behave. Modern technology now allows us to observe many of these processes more clearly than ever before. Sleep quality, recovery, heart rate variability, physiological stress, energy patterns. These tools reveal an important truth: the question is not whether stress exists; the question is whether the body has sufficient capacity to recover and adapt. For this reason, ETIM focuses not only on performance, but on regulation. Health is built through rhythm, recovery, adaptation and dynamic balance. Breath plays a central role in this process. It forms one of the most direct bridges between conscious awareness and physiological regulation. Together with sleep and recovery, it helps maintain the biological rhythms that support health, adaptation and resilience.

Regulation & Recovery Conceptual illustration



Not intended as a complete scientific model

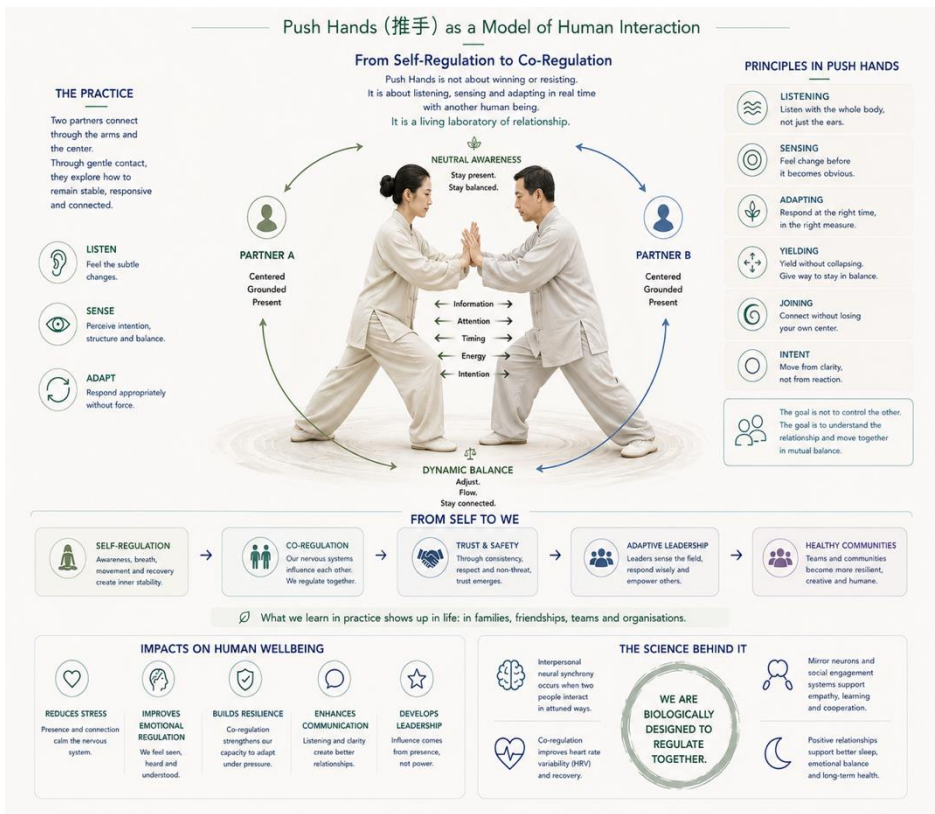
SOCIAL

Embodied Intelligence in Relationship - We do not regulate alone.

Human beings are social by nature. From the beginning of life, our nervous systems develop through interaction with others. Before we learn to regulate ourselves, we are regulated through the presence, care and response of other people. Long before language, there is connection. Long before reasoning, there is relationship. These capacities emerge through relationship.

Modern culture often celebrates independence. Yet many of the challenges people face today are not only individual, stress spreads, anxiety spreads, conflict spreads, but calmness spreads too. Trust spreads, safety spreads, presence spreads. This is the principle of co-regulation - the shared process through which human beings influence one another's physiological, emotional and behavioural states. A calm person can calm a room; a fearful leader can amplify fear throughout an organisation; a connected team can become more resilient under pressure. The quality of our relationships influences how we think, feel, recover and perform. This is why ETIM views social health as more than social connection. It is the human expression of embodied intelligence. The ability to remain present in relationship.

To listen before reacting, to cooperate without losing oneself, to adapt without dominating, to lead without controlling, to remain connected while maintaining individuality. These principles have long been explored within Daoist philosophy and the practice traditions of Tai Ji. In Push Hands (推手), practitioners learn to sense, listen, adapt and respond through interaction. The goal is not to overpower, the goal is to understand relationship, to remain stable while remaining responsive, to yield without collapsing and to express strength without aggression.



The same principles apply far beyond practice: in families, in friendships, in communities, in organisations and in leadership. Because embodied intelligence is never only personal, it is relational. Within ETIM, social health represents our capacity to co-regulate, collaborate and navigate together.

From Regulation to Transformation

The four dimensions of ETIM work together to strengthen one essential human capacity: the ability to regulate and adapt. When regulation improves, recovery becomes possible. When recovery improves, adaptation becomes easier. Over time, adaptation becomes resilience. And resilience creates the foundation for lasting transformation. Not by escaping life's challenges. But by meeting them differently.

PART IV — ETIM FOUNDATIONS

Ancient Wisdom Through the Lens of Modern Science

Why This Section Matters

ETIM did not emerge from a single discipline. It evolved through the integration of movement science, neuroscience, psychology, preventive health, systems thinking and living heritage traditions. Many of the principles within ETIM have been observed, practiced and refined across generations. What makes ETIM unique is not the invention of these principles, but their translation, integration and application within a modern framework for health, behaviour and human development. The purpose of this section is not historical. It is foundational. The traditions explored here help explain where ETIM comes from, what it translates, and why these principles remain relevant for modern life.

Research Foundation	Core Insight	ETIM Translation	Modern Scientific Lens
Yin-Yang (阴阳)	Change & Dynamic Balance	Dynamic Regulation	Adaptive Systems Thinking · Complexity Science
Dao (道)	Alignment & Timing	Adaptive Living	Self-Regulation · Decision-Making · Leadership
Yangsheng (养生)	Lifelong Cultivation	Preventive Health	Lifestyle Medicine · Habit Formation
Qi Gong (气功)	Internal Regulation	Conscious Breath & Internal Regulation	Interoception · Attention Training · Nervous System Regulation
Tai Ji (太极)	Embodied Intelligence in Action	Embodied Intelligence	Sensorimotor Learning · Adaptive Movement · Co-Regulation

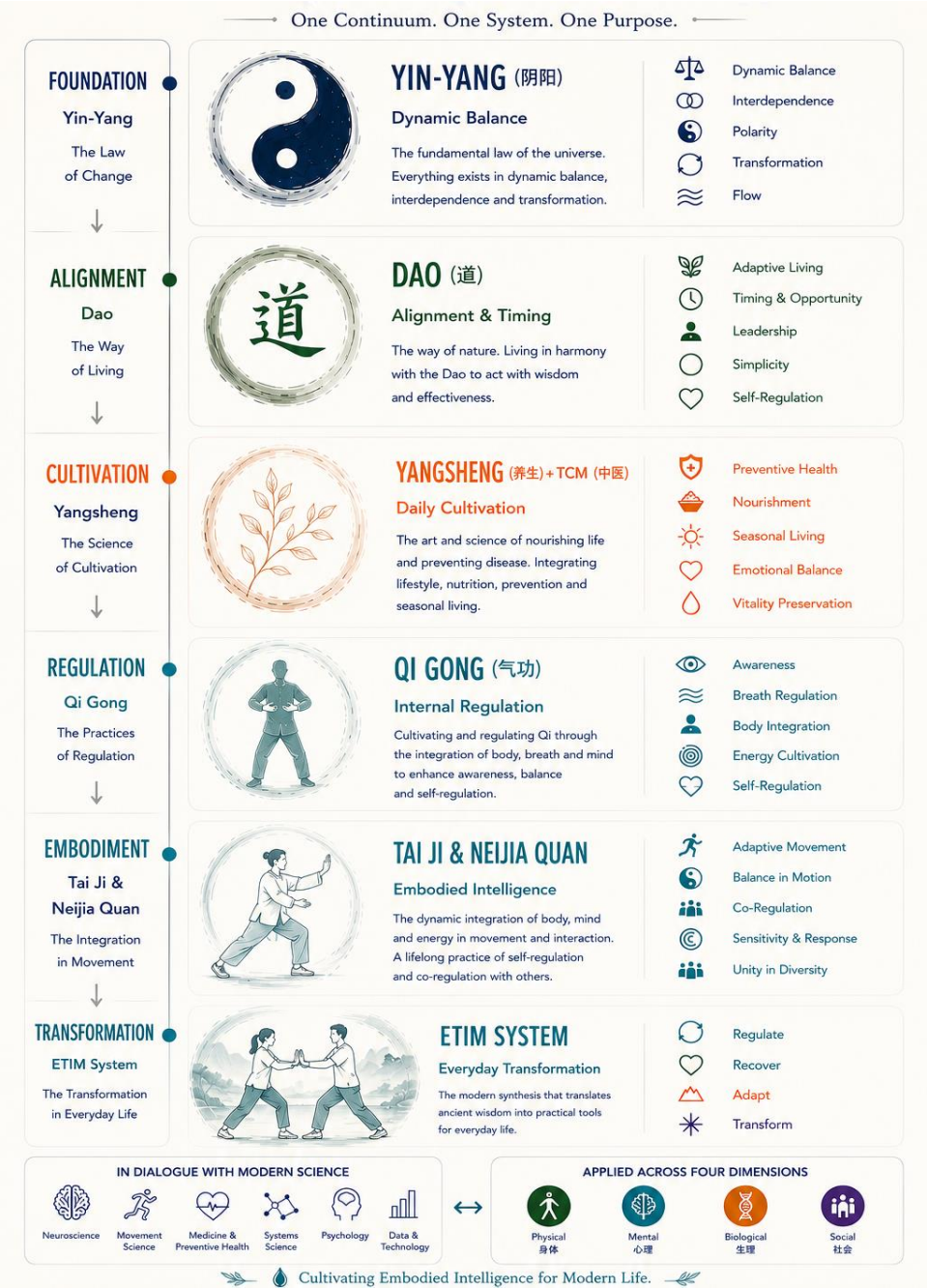
Dao → understanding alignment
Yangsheng → understanding lifelong cultivation
Qi Gong → understanding internal regulation
Tai Ji → understanding embodied intelligence in action
ETIM → integrating ancient wisdom, modern science and everyday practice

A. Yin-Yang (阴阳) - The Science of Dynamic Balance

Flowverse Insight: Health is not the pursuit of permanent balance; health is the capacity to continuously rebalance in a changing world.

More than 3,000 years ago, Chinese thinkers observed how nature moves. Day becomes night. Winter becomes spring. Activity returns to rest. Rest prepares new activity. From these observations emerged a simple but profound insight: life is not static, everything changes through relationship, movement and balance. This became the foundation of Yin-Yang.

Yin and Yang are often misunderstood as opposites. They are **complementary forces that continuously shape and transform one another**. Yin is associated with stillness, recovery, receptivity and restoration. Yang is associated with movement, expression, activity and action. Neither is superior, life requires both: performance requires recovery, movement requires rest, expression requires reflection, action requires awareness. One of the most important insights of Yin-Yang is that balance is not a fixed state, balance is the ability to adapt. Health emerges not by remaining in one state, but through our ability to move intelligently between states as circumstances change.



A simple example is water. Water is soft and formless. It adapts to any shape before it. It does not resist unnecessarily. Yet over time, **water can shape stone** 水滴石穿. Water adapts without losing its nature; it yields without giving up its strength. For this reason, water became one of the most powerful symbols in Daoist thought and one of the inspirations behind the Flowverse symbol.

Another important principle is expressed in the saying: 物极必反 **When something reaches an extreme, it begins to transform into its opposite.** Too much activity becomes exhaustion, too much rest becomes stagnation, too much control becomes rigidity, too much pressure reduces adaptability. Nature constantly seeks balance through change. This insight feels particularly relevant today. Modern life often encourages excessive Yang: more speed, more stimulation, more pressure, more performance. The solution is not to eliminate Yang. The challenge is to restore the natural rhythm between effort and recovery, expression and reflection, movement and stillness.

At Flowverse, we view Yin-Yang not as a theory of opposites, but as an early model of regulation, adaptation and flow. It is not static balance. It is dynamic balancing. Not resistance. Flow.

B. Dao (道) - Living in Alignment with Change

Flowverse Insight : The challenge of modern life is not speed. The challenge is losing our ability to sense rhythm and respond with the right timing.

Dao is often translated as “The Way.” It describes the patterns through which nature operates and life unfolds. Nature moves in cycles. Day becomes night. Winter becomes spring. Human beings are not separate from these rhythms; we are part of them.

Dao suggests a different approach. Before pushing harder, ask whether force is truly required. This principle is often described as: **顺势而为 Acting in harmony with the natural flow of events.** One of the most common misunderstandings is to interpret this idea as passivity. It is not. Dao does not teach inaction; it teaches intelligent action, to observe before acting, to listen before reacting, to recognise patterns before forcing outcomes, to understand when to lead and when to yield, to know when persistence creates progress and when flexibility creates opportunity.

The Wisdom of Listening: We are trained to speak, decide and act. Dao first teaches us to listen. To listen to the body before exhaustion appears, to listen to the breath before it becomes strained, to listen to others before misunderstanding takes root, and to listen to changing circumstances before reacting. Many mistakes arise not because we move too slowly, but because we move before we truly see. In Tai Ji and the internal arts, practitioners cultivate **听劲 (Listening Energy)**: The ability to sense force, intention, direction and change before responding. The principle is simple: before force comes understanding, before movement comes awareness, before action comes perception. Only when we can sense the current can we move with it. The same principle applies to leadership, relationships and personal growth. Before influencing others, we must first learn to regulate ourselves.

Wu Wei (无为): Perhaps no Daoist concept is more misunderstood than Wu Wei. Often translated as “non-action,” it is frequently mistaken for doing nothing. Yet Wu Wei is not the absence of action. It is the absence of unnecessary action. Sometimes wisdom means acting. Sometimes it means waiting. Sometimes it means changing direction. Sometimes it means stopping altogether.

Modern culture often assumes that more control produces better outcomes. Yet many situations operate differently. A leader facing uncertainty may respond by making more decisions, giving more instructions and increasing oversight, only to discover that greater control does not always create better outcomes. A kitesurfer who reacts to fear by tensing the body and pulling harder on the bar may accelerate the kite rather than regain control. In both cases, the instinctive response feels natural. Yet it works against the underlying dynamics of the situation.

The challenge is not always doing more. The challenge is knowing what truly needs to be done.

Wu Wei reminds us that effectiveness emerges not from force alone, but from perception, understanding, timing and appropriate response.

The Art of Timing: Dao is often associated with slowness. Dao is not about moving slowly. It is about moving appropriately. A paraglider cannot control the wind. What they can do is learn to observe, listen and respond. The beginner often reacts too early or too late. The experienced practitioner observes first, feels the conditions and senses the underlying rhythm. From that understanding, the right timing becomes clear. The wisdom lies not in being slow. The wisdom lies in knowing when to be still and when to move, when to wait and when to act. Slow when slowness is needed. Fast when speed is required. Always aligned with what the moment requires.

ETIM Connection:

A recurring principle appears throughout Daoist traditions: 先听，后懂。先懂，后动。 It means first listen, then understand; first understand, then act.

This principle continues throughout the ETIM framework:

Intention → Breath → Movement → Application.

- Intention shapes awareness
- awareness guides the breath
- breath influences movement
- movement becomes meaningful action

The sequence is simple: First sense. Then regulate. Then respond. By understanding conditions before action, we develop the capacity to adapt rather than react.

What ETIM Learned:

- Awareness before action
- Self-regulation before influence
- Understanding conditions before intervention
- Rhythm and timing matter as much as effort
- Adaptability often outperforms force
- Leadership begins with self-leadership
- Sustainable change requires alignment, not constant pushing

C. Chinese Health Culture (养生) - The Art of Daily Cultivation

Long before modern healthcare systems existed, Chinese culture developed a rich tradition of health cultivation known as Yangsheng (养生), often translated as “Nourishing Life.” One of the oldest traditions of preventive health, its focus is not the treatment of disease, but the cultivation of the conditions that allow health to emerge and endure.

This broader health culture influenced many later systems of health cultivation, including Traditional Chinese Medicine, Daoist cultivation practices, Qi Gong and Tai Ji. One of its most enduring principles is expressed in the saying: 大医治未病 **Cultivate health before illness appears.** Prevention begins long before symptoms arise. It begins in how we move, how we breathe, how we eat, how we sleep, how we recover and how we relate to others.

Everyday Cultivation in Practice

One reason Yangsheng has endured for thousands of years is its practicality. Health cultivation was never limited to formal practice sessions. It was woven into everyday life. Across different regions and traditions, people developed simple rituals to support recovery, restore balance and cultivate wellbeing.

Examples include movement and walking practices, breathing exercises, herbal and botanical teas, Gua Sha and comb-based self-care, warm water and bathing rituals, seasonal nourishment, daily routines aligned with natural rhythms.

Health is not achieved through a single intervention. It is cultivated through daily practice.

Although these practices vary widely, they share a common intention: to support health before illness appears, to cultivate awareness through daily living, and to transform small moments into opportunities for recovery, regulation and renewal. Many of these principles continue to inspire Flowverse, where movement, breath, recovery rituals, botanical nourishment and daily practice are translated into a modern approach to preventive health.

What ETIM Learned: Prevention is more effective than correction, Daily habits shape long-term health, Small actions accumulate over time, Recovery is as important as performance, Health is cultivated, not achieved, Sustainable transformation begins in everyday life



D. Qi Gong (气功) - Cultivating Awareness, Breath and Vitality The Foundation of Internal Regulation

Flowverse Insight: Before movement becomes exercise, it is information. Qi Gong teaches us to feel before we move.

Qi Gong (气功) is one of the world's oldest systems of health cultivation. Early forms of Dao Yin (导引) - practices integrating awareness, breathing and movement - can be traced back thousands of years. The term Qi Gong is often translated as “the cultivation of Qi through practice.” Yet long before Qi became a concept, it was first an observation. Ancient practitioners noticed that awareness influences breathing, breathing influences the body, and the body influences health and wellbeing. Over centuries, these observations evolved into practical methods for cultivating vitality, resilience and balance.

Today, practices such as Eight Brocades (八段锦), Five Animal Play (五禽戏), Muscle and Tendon Transformation (易筋经), and Six Healing Sounds (六字诀) continue to offer accessible ways to support health and wellbeing in everyday life.

Three Regulations (三调): Health is cultivated through the body, the breath and the mind. Qi Gong turns this idea into practice. For centuries, practitioners have used a framework known as the Three Regulations to cultivate and harmonise these three dimensions of human experience.

Regulate Mind (调心): cultivate presence, inner perception, emotional balance and mental clarity.
Regulate Breath (调息): use breathing to harmonise body and mind, supporting relaxation, recovery and resilience. Regulate Body / Movement (调身): express this integration through posture, alignment and effortless movement.

The principle is simple. When the mind becomes calmer, breathing often becomes smoother. When breathing becomes smoother, movement often becomes more efficient. When movement becomes more relaxed, the mind often becomes quieter. Each influences the others. Rather than treating body, breath and mind as separate systems, Qi Gong trains their relationship. This is one reason it has remained relevant for thousands of years.

What Makes Qi Gong Different?

Many modern practices focus primarily on a single dimension of human experience. Exercise trains the body. Breathwork trains breathing. Meditation trains awareness. Qi Gong takes a different approach. Rather than training the body, the breath or the mind separately, Qi Gong trains the relationship between them: awareness influences breathing; breathing influences movement.

Movement influences physical and emotional states. As these elements become more integrated, the practitioner develops greater balance, efficiency and self-regulation. For this reason, Qi Gong is often described not simply as exercise, but as a system of internal cultivation.

Its purpose is not merely to strengthen the body or calm the mind. Its purpose is to cultivate harmony between awareness, breath, movement and life itself. A traditional saying captures the spirit of Qi Gong: When awareness becomes present, the breath becomes steady. When the breath becomes steady, the heart becomes calm. When the heart becomes calm, the body becomes free. When the centre becomes stable, movement becomes effortless.

One reason Qi Gong has endured for thousands of years is its remarkable accessibility. Whether standing, sitting, walking or resting, the practice can accompany everyday life. **Anytime. Anywhere.** This accessibility is one of the reasons why Qi Gong remains relevant today. It does not require people to escape life to cultivate health. It allows health cultivation to become part of life itself.

The Foundation of Chinese Health Culture

Qi Gong is often regarded as one of the foundations of Chinese health cultivation traditions. For centuries, Qi Gong has served as a bridge between awareness, breath, movement and daily life. Many practices that later evolved into Tai Ji, internal martial arts, Daoist cultivation methods, fasting practices and longevity traditions share the same underlying principles of breath regulation, alignment, internal coordination and self-regulation.

In this sense, Qi Gong is not simply one practice among many. It is one of the foundations from which many Chinese approaches to health, movement and cultivation emerged. Because it is adaptable, accessible and restorative, Qi Gong can also complement modern activities such as strength training, running, golf, skiing, dance, yoga, rehabilitation and corporate wellbeing programmes.

ETIM Connection: ETIM does not simply borrow from Qi Gong. It translates its principles into a contemporary framework informed by modern science, behavioural design and everyday application. This philosophy lies at the heart of our Micro Movement approach: **Lasting transformation does not require extreme effort. It grows through small daily actions integrated into the way we work, rest, move, and live.**

E. Tai Ji & Neijia Quan (太极与内家拳) - Embodied Intelligence in Action

Flowverse Insight: Intelligence is not only something we think. It is something we embody.

The Art of Integrated Movement

Most people recognise Tai Ji through its slow, flowing movements. Yet Tai Ji is far more than a sequence of forms. It belongs to a broader family of practices known as Neijia Quan (内家拳), or the Internal Martial Arts, which also includes Xing Yi Quan (形意拳) and Ba Gua Zhang (八卦掌) etc. Although each system developed its own methods and characteristics, they share a common intention: To cultivate the relationship between awareness, breath, movement and application.

For centuries, these arts have explored a simple but profound question: How can human beings move with greater intelligence? not through brute force, not through speed alone, but through awareness, adaptability and integration. Long before modern science began studying sensorimotor learning, coordination and self-regulation, practitioners of the internal arts were already exploring these principles through direct experience. They discovered that **intention influences attention, attention influences breathing, breathing influences movement, and movement influences how we interact with the world around us**. In this sense, Tai Ji is not simply a movement practice. It is a **living laboratory for embodied intelligence**.

A Complete Human System

One reason Tai Ji has endured for centuries is that it was never designed as merely a physical exercise. Long before modern health science separated movement, breathing, cognition and emotional regulation into different disciplines, internal arts trained them as one integrated system.

Today, many health interventions focus on individual components: exercise for the body, meditation for the mind, breathwork for stress, or coaching for behaviour change. Tai Ji brings these elements together through a single practice: before every movement comes intention, intention directs attention, attention shapes the breath, breath influences energy, energy supports movement, movement becomes meaningful action. This integrative perspective is one of the foundations from which ETIM evolved.

The Golden Rules of Internal Practice

1. Intention Guides Attention

Clear intention reduces hesitation, distraction and anxiety.

2. Breath Regulates Energy

Slow and natural breathing helps calm the nervous system, improve emotional regulation and restore inner balance.

3. Movement Expresses Integration

The entire body functions as one coordinated system rather than a collection of separate parts.

4. Application Transforms Practice into Life

Every movement carries meaning. Some movements cultivate balance, mobility and strength. Others develop patience, adaptability, sensitivity and resilience. Traditionally, these qualities supported martial application, yet their relevance extends far beyond it. They are expressions of embodied intelligence: the ability to sense before reacting, to remain stable under pressure, to adapt to changing circumstances, to balance strength with flexibility and to respond rather than resist.

Over time, the principles cultivated through practice become practical tools for everyday life, relationships, leadership and work. Practice becomes a laboratory for life.

Why Slow Movement Matters

One of the most common misconceptions about Tai Ji is that it is simply slow exercise. Tai Ji can be practiced slowly, quickly or with continuous changes of speed. Advanced practitioners are capable of remarkable speed and explosive power when appropriate. The purpose of slow practice is awareness. A musician slows down difficult passages before performing them at full tempo, a dancer rehearses movements slowly before stepping onto the stage, Tai Ji follows the same principle.

Slow movement allows us to see what speed often hides: lifted shoulder, collapsed posture, unstable center, unnecessary tension. In fast movement, momentum can compensate for many inefficiencies. In slow movement, nothing can hide. Every imbalance becomes visible. Every loss of coordination becomes noticeable. Every habit reveals itself. Slow movement acts like a magnifying glass for the nervous system. It develops a quality that modern life rarely trains: The ability to slow down voluntarily. Not because life should always be slow. But because true freedom includes the ability to move in either direction. **Slow when slowness is needed. Fast when speed is required.** The highest level of practice is having the freedom to move between slow or fast.

Efficient Move - Strength Without Wear and Tear

Many modern exercise systems focus on producing more force. Internal arts ask a different question: How can strength be generated more intelligently? Rather than relying primarily on larger muscles, Tai Ji develops whole-body coordination. When the body works as an integrated system, movement becomes more efficient. Less energy is wasted, less strain is placed on the joints, and force can be transferred with less effort.

For this reason, Tai Ji is often described as developing strength through coordination rather than tension. The result is not only greater strength, but greater efficiency. The practice cultivates qualities that become increasingly important throughout life: alignment, balance, mobility, coordination and whole-body integration.

This becomes particularly relevant with age. Many people gain strength while losing mobility, while others remain mobile but lack stability. Tai Ji seeks to cultivate both: strength and mobility, stability and adaptability, power and longevity. Efficiency is not the absence of strength. It is the intelligent use of strength.

The practice continuously develops qualities that become increasingly important throughout life:

• Structural alignment • Controlled weight transfer • Joint integrity • Functional mobility • Balance and coordination • Whole-body integration.

Aesthetic Intelligence - When Integration Becomes Visible

We often recognise harmony before we can explain it. A well-integrated movement usually looks different. Not because someone is trying to make it beautiful, but because efficiency, coordination, timing, balance and intention naturally create a quality that we experience as aesthetic.

What attracts us is rarely appearance alone. We are seeing economy of effort, clarity of intention, appropriate timing, balance between stability and mobility, and a natural flow between tension and relaxation. In other words, we are seeing integration made visible. Cultivate the underlying integration, and the appearance often follows. Within the Wudang Sanfeng Tai Ji lineage, practitioners often describe Tai Ji as: “Peaceful through Qi Gong, powerful through martial arts, and beautiful through the dynamic balance of Yin and Yang.” Perhaps peace, power and beauty are not separate qualities, but different expressions of integration.

The same principle extends beyond movement. We see it in leadership, communication, relationships, teamwork and everyday life. When different capacities work together in harmony, people often experience a sense of coherence, ease and authenticity. Within ETIM, we call this Aesthetic Intelligence: the ability to perceive, create and embody harmony. Beauty is not the goal. It is often the visible expression of integration.

Why ETIM Builds on These Principles

ETIM does not seek to recreate traditional Tai Ji. Instead, it translates enduring principles into practical tools for modern life: how we work, recover, relate to others and respond to change. Tai Ji is not the destination of ETIM. It is one of the foundations from which ETIM evolved. Ancient in origin. Remarkably relevant today.

PART V — FLOWMOVE

Reset Human State in Minutes The Practical Entry Point into the Flowverse Ecosystem

FlowMove is the practical expression of ETIM. It translates the principles of awareness, breath, movement and application into small practices that can be integrated into everyday life. Not someday. Today. Not in a retreat. In the middle of life.

FlowMove is not exercise; it is state training. The goal is to move, breathe, think and interact differently. Over time, these small changes influence how we feel, recover, adapt and live. Inspired by Tai Ji (太极), Qi Gong (气功) and centuries of embodied wisdom, FlowMove translates timeless principles into practical tools for modern life. Small practices. Small moments. Meaningful impact. No equipment. No special clothing. No previous experience. One minute is enough to begin.

Why Micro Matters

Most people do not need more information. They need practices they can sustain. Health transformation rarely happens through one dramatic intervention. It emerges through hundreds of small moments repeated over time. A breath before a difficult conversation. A posture adjustment during a long meeting. A short walk instead of another coffee. A moment of awareness before reacting. Small moments. Repeated often. Matched to the moment. Integrated into life. This is the philosophy behind FlowMove. Micro practices create the foundation. Deep experiences create transformation. Together, they form the **Micro × Deep approach** at the heart of Flowverse.

The FlowMove Principle

Traditional exercise often starts with a programme. FlowMove starts with a person. Different situations require different forms of support. The same movement may calm one person, energise another, or help someone reconnect with themselves. What matters is not the practice itself. What matters is the **relationship between the practice, the person and the moment**. FlowMove helps match practice to the current state of the individual.

We believe practices should adapt to people, not people adapt to practices. By understanding individual needs first, the same principles can then be applied within teams, organisations and communities. Flowverse Insight: There is no perfect practice. There is only the right practice for the current moment.

FlowMove Matching Framework: The right practice depends on the moment. Before choosing a practice, FlowMove considers four questions:

Dimension	Question	Examples
State	What do I need right now?	Energy, focus, stress, recovery, sleep, calmness
Emotion	How am I feeling?	Anxiety, frustration, overwhelm, low motivation, restlessness
Environment	What is possible here?	Office, home, train, airplane, outdoors, water, open space
Time & Capacity	What resources do I have?	1 min, 5 min, 15 min, seated, standing, lying down

Examples from everyday life

Situation

Before an important meeting
Long flight or train journey
Feeling stressed before sleep
Low energy in the morning
Neck and shoulder tension after screen work
Need focus before a presentation
Access to water or spa environment

FlowMove Match

Breath Reset + Seated Expansion
Ankle Mobility + Breath Regulation + Seated Tai Ji
Breath Reset + Self-Massage + Recovery Ritual
Morning Awakening Sequence
Gua Sha Comb + Meridian Self-Massage
Standing Practice + Breath Reset
Water Tai Ji

The FlowMove Practice Ecosystem

Practice	Time	Primary Domain
Breath Reset	1 min	Mental
Standing Practice (站桩)	3 min	Physical + Biological
Seated Ba Duan Jin (坐式八段锦)	5 min	Physical
Self-Massage (经络按摩)	2 min	Biological
Water Tai Ji (水太极)	15 min	Physical + Mental
Partner Practice (双人练习)	10 min	Social

From one-minute resets to deeper practices, FlowMove offers multiple entry points into the same underlying principles. Awareness. Breath. Movement. Application. Different practices. One philosophy. The goal is not to create another exercise programme. The goal is to help people integrate health cultivation into everyday life.

A. Standing Practice (站桩) - The Art of Doing Less

Flowverse Insight: Sometimes the most powerful movement practice begins by not moving at all.

To many people, standing appears to be the simplest thing in the world. We stand while waiting for a train. We stand in a queue. We stand while talking. Yet very few people have ever learned how to stand well. Modern life has trained us to move constantly. To do more. Think more. React more. Standing Practice invites a different experience. Pause. Breathe. Observe. Rather than adding more activity, it removes unnecessary activity. Rather than generating more effort, it helps us notice where effort is already being wasted.

For centuries, standing practice has been regarded as one of the foundational methods of Qi Gong, Tai Ji and internal martial arts. Practitioners discovered a simple principle: Before movement becomes efficient, the body must first learn how to organize itself. Before we can move well, we must first learn how to stand well. Standing practice is sometimes described as stillness. It is full of movement. Breathing continues. Balance continuously adjusts. Muscles coordinate. Attention shifts. The body is constantly regulating itself. What appears still from the outside is often highly active on the inside. This is one reason standing practice remains relevant today. It provides something modern life rarely offers: An opportunity to reconnect with ourselves before responding to the world around us.

One Practice. Four Elements.

Standing practice may appear simple. Yet beneath the surface, it trains the four core elements of ETIM simultaneously.

Intentional Structure (意) Standing is not simply holding a position. It is the practice of directing awareness. In traditional practice: 意带息 - Intention guides the breath. Where attention goes, the body begins to organise itself. The head gently rises, the shoulders soften, the spine lengthens and unnecessary tension releases. Intention provides direction.

Breath (息) As intention settles, breathing often becomes more organised. 息带动 - Breath guides movement. There is no need to force the breath. As the body aligns, breathing becomes more natural and the diaphragm moves more freely. Breath becomes the bridge between intention and movement.

Movement (动) Standing is not the absence of movement. It is the foundation of movement. Often described as a form of standing meditation, the practice simultaneously develops awareness, intention, breathing and posture. Over time, these capacities become increasingly integrated. Every step, gesture and FlowMove practice emerges from the same foundation. What is cultivated in stillness becomes available in movement. Intention guides the breath. Breath guides movement.

Application (用) The ultimate purpose is not standing. The ultimate purpose is life. 动达用 - Movement becomes application. How we respond to pressure. How we recover. How we focus. How we communicate. How we lead. How we adapt to change. The qualities cultivated in practice become available when they matter most. This is where practice becomes transformation.

Flowverse Insight: Standing practice is often misunderstood as doing nothing. It is a sophisticated form of human organization. Elite athletes refine alignment and force transmission. Professional singers train breathing mechanics. Dancers cultivate postural awareness. Meditation traditions develop attention. Standing practice brings these elements together in a single practice. The goal is not to hold a position. The goal is to create a body that requires less effort to maintain itself. Less unnecessary tension. More available energy. More adaptability.

Another Flowverse Insight: what looks good is not always what functions well

Many movement disciplines emphasize lifting the chest, extending the neck and creating elegant visual lines. Within the context of performance, these qualities can be highly valuable. Yet what looks good is not always what functions well. When such patterns become habitual in everyday life, the body may increasingly rely on muscular effort rather than structural support. Even highly trained dancers, athletes and performers can develop chronic neck tension, shoulder discomfort or inefficient breathing patterns.

Standing practice approaches posture differently. Rather than creating a shape, it seeks to create efficiency. The chin settles gently. The chest softens. The back expands. The spine lengthens. The goal is not to stand taller. The goal is to stand with less effort. Less compensation. Less unnecessary tension. More space. More support. More freedom to breathe and move. In this sense, good posture is not something imposed from the outside. It emerges from better organization within.

Traditional Principle Modern Interpretation

虚灵顶劲	Axial elongation and spinal decompression
舌抵上腭	Gentle craniofacial and postural integration
含胸拔背	Thoracic expansion and postural integration
沉肩坠肘	Reduced neck and shoulder tension
松腰坐胯	Pelvic mobility and efficient force transmission
自然呼吸	Diaphragmatic breathing and autonomic regulation
松 (Song)	Relaxed readiness and efficient movement

Qi Gong Standing Posture (Zhan Zhuang)

Rooted. Relaxed. Upright. Alive.

A natural and efficient way to align the body so that Qi flows smoothly, the breath is deep and easy, and the body remains upright, relaxed, and strong for a long time without strain.

Why This Posture Is So Effective



Spinal Alignment

The spine is upright and naturally lengthened, reducing pressure on discs and joints.



Open Chest, Free Breath

The chest is lifted softly, allowing the lungs to expand and the breath to flow deeply and smoothly.



Stable Core, Protected Back

The lower abdomen is gently engaged, supporting the spine and protecting the lower back.



Strong Legs, Healthy Knees

Weight is distributed through the whole foot, strengthening the legs and supporting the joints.



Smooth Qi and Blood Flow

Proper alignment and relaxation promote healthy circulation and energy flow throughout the body.



Calm Mind, Steady Energy

A steady posture supports a steady mind and balanced nervous system.



TOP OF THE HEAD

Lifted gently as if suspended from above, lengthening the spine.

CHIN TUCKED SLIGHTLY

The back of the neck is long and relaxed.

CHEST OPEN

Chest is lifted softly, not pushed forward.

LOWER ABDOMEN (DAN TIAN)

Gently engaged and relaxed. This is the center of balance and energy.

PELVIS NEUTRAL

Hips are relaxed and centered, not tilted forward or backward.

KNEES SOFT

Knees are slightly bent, aligned over the feet, never locked.

FEET ROOTED

Feet about shoulder-width apart, weight evenly distributed. The connection with the ground supports stability and calm.

Key Points of Alignment



Head balanced, neck relaxed



Spine upright and naturally lengthened



Chest open, shoulders relaxed



Lower abdomen relaxed and centered



Hips relaxed, sitting slightly inward



Knees soft, not collapsing inward



Feet grounded, weight evenly distributed



Body relaxed but structurally aligned

Why You Can Stand for a Long Time Without Fatigue



Less pressure on joints and spine
Alignment reduces unnecessary compression.



Efficient muscle engagement

Only the right amount of muscle is used, preventing fatigue.



Better breathing and circulation

Open posture allows the breath, blood, and Qi to flow more freely.



Conserves energy

Relaxed structure requires less energy to maintain.

“When the posture is correct, standing becomes effortless. When the breath is smooth, energy becomes abundant. When the mind is calm, the body becomes strong.”

— Traditional Qi Gong Wisdom

How This Benefits Your Daily Life



Improves posture and reduces back and neck discomfort



Supports healthy digestion and internal organ function



Enhances balance, stability, and body awareness



Builds resilience to stress and mental pressure



Supports long-term vitality, mobility, and healthy aging

Practice Tip

Start with short periods (3–5 minutes). With consistent practice, you can gradually extend to 10, 20, or even 30 minutes. Quality is more important than time.

Benefits: ✓ Better posture and alignment e.g spine & neck ✓ More efficient breathing ✓ Reduced neck and shoulder tension ✓ Improved balance and body awareness ✓ Nervous system regulation ✓ Greater emotional stability ✓ Increased resilience under stress ✓ A stronger foundation for movement, breathing

B. Breath Reset (调息) - Reset Your State in One Minute

The breath is one of the fastest bridges between body and mind. Unlike most bodily functions, breathing happens automatically, yet it can also be consciously influenced. This makes it one of the most accessible self-regulation tools available to every human being.

In modern life, stress often changes our breathing before we even notice it. The breath becomes faster. Shallower. Less coordinated. Over time, this influences how we feel, think and respond.

Traditional practices recognized this relationship centuries ago. Modern science increasingly confirms it. Breath influences physiology. Physiology influences state. State influences behaviour. For this reason, breath regulation remains one of the foundational practices of Tai Ji (太极), Qi Gong (气功) and the FlowMove system.

Before Breath, Organise the Body. Remember Standing Practice (站桩)? In FlowMove, we do not force the breath. We create the conditions for the breath to regulate itself. Before beginning, take a moment to organise the body. Whether standing or sitting, bring your attention to the present moment. Then begin.

✓ Lengthen the spine ✓ Relax the shoulders ✓ Soften the chest ✓ Allow the jaw to relax ✓ Place the tongue lightly against the upper palate (舌抵上腭) ✓ Rest both hands gently over the lower abdomen (丹田).

The FlowMove Breath Reset: 4–2–6 Breathing

Inhale gently through the nose for 4. Pause for 2. Exhale slowly for 6. Repeat for 1–3 minutes.

No force. No strain. No need for perfect timing. Simply allow the exhalation to become slightly longer than the inhalation. For many people, this alone is enough to create a noticeable shift in physical, mental and emotional state.

When to Use It: Before a meeting. Before a presentation. Before an important conversation. While travelling. Before sleep. During moments of stress. Or simply as a short pause during the day. One minute is enough to begin.

Flowverse Insight: **Resonance Breathing (共振呼吸)**

The FlowMove Breath Reset is a practical form of resonance breathing. Research suggests that slow rhythmic breathing at approximately 5–6 breaths per minute may support heart-rate variability (HRV), autonomic regulation and recovery. Traditional practices discovered this through experience. Modern science is beginning to explain why. For this reason, slow rhythmic breathing has become one of the most widely studied and effective self-regulation practices available today. The good news? You can do it standing, do it sit and do it almost anywhere.

Three Breathing Patterns: Different situations require different forms of breathing. The goal is not to master one technique. The goal is to learn which breath serves which situation.

a. Natural Breathing (自然呼吸) - The foundation.

Relaxed, effortless and appropriate for most situations in daily life.

Best for: ✓ Everyday life ✓ Standing practice ✓ Walking ✓ Beginners ✓ General self-regulation

b. Dantian Breathing (丹田呼吸) - The Recovery Breath

Attention settles into the lower abdomen. The diaphragm descends naturally. The abdomen gently expands during inhalation and returns during exhalation. Traditional cultivation associates this area with the Dantian (丹田), often described as the body's centre of regulation and vitality.

Best for: ✓ Recovery ✓ Relaxation ✓ Stress regulation ✓ Sleep preparation ✓ Tai Ji and Qi Gong practice ✓ Long-term wellbeing

Flowverse Insight: Dantian Breathing is a traditional form of diaphragmatic breathing that brings attention to the lower abdomen and supports recovery, regulation and resilience.

c. Reverse Abdominal Breathing (逆腹式呼吸) - The Performance Breath

Typically introduced after a foundation of Natural Breathing and Dantian Breathing has been established. During inhalation, the abdomen gently draws inward. During exhalation, it relaxes or expands.

Traditionally used in martial arts and advanced cultivation practices, it can support stability, force transmission and dynamic movement. The purpose is not simply breathing. The purpose is efficient force generation. Power without unnecessary tension. Stability without rigidity.

Best for: ✓ Martial arts ✓ Athletic performance ✓ Dynamic movement ✓ Dance ✓ Force generation and transmission ✓ Advanced practice

One Breath, different Purposes: recovery requires a different breath than performance; calm requires a different breath than power; stillness requires a different breath than expression. The goal is not to use the same breathing pattern all the time. The goal is adaptability. Choosing the right breath for the right moment.

C. Movement (动) - Movement as Regulation

Movement is one of the oldest ways humans regulate body and mind. Before language. Before medicine. Before technology. We moved. We stretched. We walked. We adapted.

In FlowMove, movement is not primarily exercise. It is a way of influencing state. Some movements help us wake up. Some help us create space. Some help us focus. Some help us recover. Some help us reconnect. The goal is not simply to move more. The goal is to move differently. To move with greater awareness. Greater efficiency. Greater adaptability. The following four practices form the foundation of FlowMove. Simple enough for beginners. Meaningful enough for lifelong practice.

1. Tapping Awakening - Inspired by Pa Ba Xu (拍八虚) - Wake Up the System

Tapping Awakening is often the first movement practice in FlowMove. Simple rhythmic tapping helps bring attention back into the body and prepares the system for movement. Traditional Chinese health practices observed that tension and stagnation often accumulate around major joints and connective tissues. Modern science points toward increased sensory stimulation, circulation and body awareness. Different explanations. Similar experience. The body feels more awake. More connected. More ready to move.

Why "Eight Hollows" (八虚)? In traditional Chinese health culture, the Eight Hollows (八虚) refer to major joints and transitional areas of the body. These regions are sometimes described as "hollows" because they serve as important spaces through which movement, circulation and regulation occur. Modern life often leaves these areas neglected. Long hours of sitting. Limited movement. Repetitive postures. Accumulated tension.

TAPPING AWAKENING 拍八虚

Inspired by Pa Ba Xu (拍八虚)

A simple and powerful practice to awaken the body, activate circulation and prepare for movement.

1 百会 Baihui (Head)

Location: 头顶正中

Purpose:
Awaken attention
Increase alertness

2 肩井 Jianjing (Shoulders)

Location: 肩膀最高处

Purpose:
Release neck and
shoulder tension
Improve posture

3 肘窝 Elbow Creases

Location: 肘关节内侧

Purpose:
Improve arm mobility
Promote circulation

4 腋窝 Armpits

Location: 腋下

Purpose:
Open upper body
Reduce stiffness

5 腹股沟 Groin Folds

Location: 腹股沟褶皱处

Purpose:
Improve hip mobility
Release sitting tension

6 膝窝 Knee Creases

Location: 膝盖后方

Purpose:
Support circulation
Improve lower-body mobility

7 踝关节 Ankles

Location: 踝关节周围

Purpose:
Enhance balance
Awaken grounding

8 命门 Mingmen (Lower Back)

Location:

在肚脐的背面

与肚脐水平对齐

(第二腰椎区域)

On the back,

opposite the Dantian

(at the level of the

navel, around L2)

Purpose:

Reconnect upper and

lower body

Support spinal mobility

Boost vitality

WHY "EIGHT HOLLOWs" (八虚)?

In traditional Chinese health culture, the Eight Hollows (八虚) refer to major joints and transitional areas of the body. These areas are often neglected in daily life, where tension, stiffness and reduced mobility can quietly accumulate. They are places where movement and circulation can become restricted, yet also places where relief can be felt quickly. Tapping brings awareness back, restores circulation and releases what has been held.

- These are areas we often ignore.
- Tension and stagnation can accumulate here.
- Gentle tapping helps them open, lighten and reconnect.

WHEN TO USE IT



Feeling tired



Before work



Before FlowMove practice



During office breaks



Before meetings



After long periods of sitting



Recommended Duration
30–60 seconds



Best Time
Morning / Office Breaks / Before Practice

Over time, mobility and awareness can gradually diminish. Tapping Awakening brings attention back to these areas. The goal is not to force change. The goal is to restore connection. Connection to the body. Connection to movement. Connection to ourselves.

Flowverse Insight: The Eight Hollows are not important because they are weak. They are important because they are gateways. Where movement passes. Where tension accumulates. Where awareness can return.

2. Lifting Space - Inspired by Ba Duan Jin (八段锦) - Create Space Before Creating Change

Modern life often compresses the body. We sit. We lean forward. We look down at screens. Over time, the front of the body shortens. Breathing becomes restricted. Movement becomes smaller. Lifting Space reverses this pattern. One arm rises. The other settles. The spine lengthens. The rib cage expands. The body creates space. Space for movement. Space for breathing. Space for awareness.

How to Practice: Stand comfortably. Allow one hand to rise gently overhead. The other hand relaxes downward. Lengthen through the entire body. Do not force the stretch. Breathe naturally. Switch sides slowly. Repeat several times.

Best For✓ Desk workers✓ Stiff shoulders✓ Limited mobility✓ Midday reset✓ Improving posture
✓ Supporting healthy breathing

Flowverse Insight: Many people try to improve breathing directly. Sometimes the easiest solution is to create more space for breathing to happen naturally.

3. Cloud Hands (云手) : Moving Within the Circle - The Wisdom of the Circle

Cloud Hands is one of the most recognized movements in Tai Ji. At first glance, it appears to be a movement of the arms. It is a practice of maintaining a living circle. The palms face one another. The arms remain rounded. The hands move as if gently holding a large sphere. As the body shifts, turns and moves, the shape changes continuously. Yet something remains constant. The circle never disappears.

The Principles: Hold the Centre. Movement begins from the centre of the body rather than the hands alone. The arms follow. The body leads. Shift and Adapt. Weight continuously transfers from one side to the other. The shape changes. The balance changes. The movement never stops. Yet the centre remains. Keep the Circle Alive The circle expands. The circle contracts. The circle transforms. But it never disappears.

How to Practice: Stand with relaxed knees. Allow the weight to shift from side to side. The hands move softly across the body. Palms face one another. Maintain a gentle rounded shape between the hands. Breathe naturally. Move continuously. Without interruption. Without force.

Best For✓ Coordination✓ Focus✓ Relaxation✓ Balance✓ Stress regulation✓ Flow state development

Flowverse Insight: The circle is one of the oldest symbols found in Tai Ji and Daoist thought. Everything changes, yet everything remains connected. The body moves. The breath changes. The direction shifts. The environment evolves. Yet the underlying organization remains. This is the essence of adaptability, not rigidity, not collapse. Continuous adjustment around a stable centre. The shape changes. The principle remains. Cloud Hands transforms this wisdom into movement.

Traditionally, Cloud Hands also contains principles of martial interaction and self-defence. In FlowMove, we focus on what these principles can teach us about awareness, adaptability and intelligent response in everyday life.

4. The Daily FlowMove Reset : 3–15 Minutes to Reset Body, Breath and Mind

Small practices. Meaningful impact. No equipment. No special clothing. Just a few minutes to reset posture, breathing, movement and state. The sequence follows a simple progression: Wake Up. Organize. Flow. Integrate.

Step 1 Tapping Awakening & Lifting Space - Wake Up the System.

Gently activate the body. Increase awareness. Release stiffness. Create space for movement and breathing.

Duration: 60–180 seconds

Step 2 Wu Ji Standing (无极桩) - The Foundation

Organise the body. Settle the mind. Allow breathing to regulate itself. Cultivate relaxed readiness (松).

Duration: 1-5 minutes

Step 3 Cloud Hands (云手) - Moving Within the Circle

Integrate intention, posture, breathing and movement. Maintain the sphere. Shift the weight. Move from

the centre. Cultivate flow. Duration: 1–5 minutes

Step 4 Tai Ji Walk (太极行步) (Optional) - Flow in Motion

Bring practice into everyday movement. Coordinate posture, breath and awareness while walking.

The goal is not slower walking. The goal is more conscious walking. Duration: 1–5 minutes

ETIM in Action: Intention (Wu Ji Standing) -> Breath (Natural Breathing) -> Movement

(Cloud Hands) – Application (Tai Ji Walk & Everyday Life)

FlowMove begins as practice. Its purpose is to become part of everyday life.

D. Touch as Regulation (触觉调节) - Awareness Through Touch

Standing teaches us how to organise the body. Breathing teaches us how to regulate internal rhythm.

Movement teaches us how to coordinate change. Touch teaches us how to feel. For thousands of years, cultures around the world have used touch as a simple way to support health and wellbeing. Rubbing tired muscles. Massaging the scalp. Applying pressure to areas of tension.

Using combs, stones, brushes or hands to stimulate the body. Traditional Chinese health practices developed these observations into systems of self-massage, acupressure, **Gua Sha (刮痧)** and meridian-based cultivation.

Modern science offers a complementary perspective. Touch provides sensory information to the nervous system. It helps us recognize where tension has accumulated. Where movement has become restricted. Where awareness has been lost.

In FlowMove, touch is not used to diagnose, treat or cure disease. It is a simple form of self-care.

A practical way to reconnect with the body and support everyday wellbeing.

The Forgotten Sense: Modern life trains us to look outward. At screens. At tasks. At deadlines. At information. Less often do we pay attention to what is happening inside the body. How the neck feels. How the shoulders feel. How the jaw feels. How the breath feels. Touch provides immediate feedback. It helps bring attention back to areas we often stop noticing. In this sense, touch is not only a method of relaxation. It is a method of awareness.

Why Touch Changes State So Quickly

The body constantly sends information to the brain. Pressure. Temperature. Position. Movement. Touch adds new information to this conversation. A gentle touch on the shoulders. A massage around the neck. A few strokes across the scalp. These simple actions can interrupt habitual patterns of tension and invite the nervous system to update its current state. Sometimes the body does not need more effort. It needs better information.

Quick Neck & Shoulder Release (颈肩舒缓) - Gua Sha-Inspired Comb Therapy

One of the most common areas of tension in modern life is the neck and shoulder region. Hours of sitting. Screen use. Stress. Mental fatigue. Over time, tension accumulates almost unnoticed. This simple practice combines gentle pressure with relaxed breathing to restore awareness and release unnecessary holding patterns.

How to Practice: Apply gentle pressure. Move slowly. Breathe naturally. Allow the shoulders to soften. Avoid forcing or digging into painful areas. Practice for 30–60 seconds. Less force. More awareness.

Focus Areas are:

- Fengchi (风池): Located below the base of the skull. Often associated with neck tension, headaches & mental fatigue.
- Jianjing (肩井): Located at the highest point of the shoulder. One of the most common areas of accumulated tension.
- Dazhui (大椎): Located at the base of the neck. A key transition point between head, neck and spine.

Scalp & Neck Reset (头部脖子放松) - Gua Sha-Inspired Comb Therapy

Traditional Chinese culture often refers to the head as the “meeting place of the hundred channels” (百脉之会). Whether viewed through traditional wisdom or modern anatomy, the scalp is richly supplied with sensory receptors and circulation. A simple massage comb provides an accessible way to stimulate this area. The goal is not intensity. The goal is awareness.

How to Practice: Use gentle strokes across the scalp. Continue toward the neck and upper shoulders. Keep the shoulders relaxed. Coordinate movement with the breath. Move slowly and comfortably. Avoid excessive pressure. **Best For:** ✓ Desk workers ✓ Mental fatigue ✓ Neck and shoulder tension ✓ Long periods of screen use ✓ Travel recovery ✓ End-of-day relaxation



TOUCH AS REGULATION

Simple Self-Massage for Everyday Wellbeing

Touch • Breath • Awareness

Touch is a powerful way to reconnect with the body. It helps release tension, improve circulation and support relaxation. A few minutes of intentional touch can make a meaningful difference in how you feel.

WHY IT MATTERS

-  Helps release tension in common areas.
-  Supports circulation and lymphatic flow.
-  Encourages relaxation and recovery.
-  Enhances body awareness.
-  Simple to learn, easy to practice, fits into daily life.

TOUCH AREAS & STROKE DIRECTIONS

1 FACE



Focus Points

- Yintang (center of forehead)
- Teyang (temples)
- Facial lymph areas

Stroke Direction

From the center outward and downward.

Benefits

Relieves facial tension, promotes circulation, supports relaxation.

2 SCALP & HEAD



Focus Areas

- Du Mai (midline)
- Bladder Meridian (sides)
- Gallbladder Meridian (sides)

Stroke Direction

From the forehead to the back of the head.

Benefits

Eases headaches, relieves stress, promotes healthy scalp and hair.

3 NECK & SHOULDERS



Focus Points

- Fengchi (base of skull)
- Jianjing (top of shoulder)
- Dazhui (base of neck)

Stroke Direction

From the base of the skull down to the shoulders and upper back.

Benefits

Relieves neck and shoulder tension, improves blood flow, helps release fatigue.

4 HANDS



Focus Areas

- Palm center
- Fingers & joints
- Wrist area

Stroke Direction

From the palm center outward to each finger. From the wrist upward.

Benefits

Relieves hand fatigue, improves circulation, supports flexibility.

5 FEET



Focus Areas

- Yongquan (center of sole)
- Sole & arch
- Ankle & instep

Stroke Direction

From the heel to the toes. From the ankle down to the toes.

Benefits

Reduces leg fatigue, improves circulation, promotes relaxation.

HOW TO PRACTICE



1. PREPARE

Apply a few drops of oil if needed.



2. STROKE

Use gentle pressure. Move in one direction at a time.



3. BREATHE

Breathe naturally. Coordinate touch with the breath.



4. REPEAT

Repeat each stroke 10-20 times or as needed.



5. RELAX

Rest for a few breaths and notice the difference.

OPTIONAL TOOLS



Your Hands



Gua Sha Tool



Massage Comb

The tool is not the practice. The practice is awareness.

BEST FOR



Morning Wake-up



Work Breaks



Stress Relief



Better Sleep



Recovery



Travel & On the Go

GENTLE REMINDERS

- Avoid areas with wounds, inflammation, skin conditions or varicose veins.
- Do not use on the face after eating a heavy meal.
- Stop if you feel pain, dizziness or discomfort.

- Use gentle pressure.
- Do not overdo it.
- This is a self-care practice, not a medical treatment.



Touch • Breath • Awareness

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Beyond Touch: Aroma as a Sensory Cue (芳香辅助)

Some practitioners enjoy combining touch practices with a small amount of essential oil. The goal is not stronger stimulation. The goal is a richer sensory experience. A gentle aroma can complement touch, breathing and awareness. For many people, scent becomes an additional cue for relaxation, recovery and presence.

Popular choices include:

- Lavender (薰衣草) - often associated with relaxation and rest
- Peppermint (薄荷) - often experienced as refreshing and awakening
- Rosemary (迷迭香) - commonly used to support alertness and concentration
- Citrus oils (柑橘类) - often associated with uplifted mood and energy

Apply only a small amount. Avoid contact with eyes and sensitive skin. Use according to individual tolerance and manufacturer guidance.

Flowverse Insight: Regulation is not limited to movement. Or breathing. Or touch. Human experience is multisensory. Movement influences the body. Breathing influences rhythm. Touch influences awareness. Aroma influences perception. Together they create a richer environment for self-regulation.

Benefits✓ Relieves neck and shoulder tension✓ Supports circulation✓ Encourages relaxation
✓ Enhances body awareness✓ Supports recovery✓ Complements movement and breathing practices✓
Provides a simple entry point into self-regulation

Water Tai Ji (水太极) - Discovering Flow Through Water

Water changes the way we move. Buoyancy reduces the effects of gravity. Resistance slows movement naturally. The body receives continuous feedback from the surrounding water. As a result, movement becomes easier to feel. Breathing becomes easier to notice. Balance becomes easier to explore. Water does not necessarily make movement easier. It makes movement more honest. Unnecessary tension becomes more obvious. Poor coordination becomes easier to recognize. The body continuously adapts. Awareness grows.

Why Practice in Water?

- Reduced loading on the knees, hips and spine
- Joint-friendly and low impact
- Improves balance and coordination
- Enhances body awareness
- Supports recovery and relaxation
- Encourages slower, more efficient movement
- Suitable across different ages and abilities

Flowverse Insight: Water is one of nature's most powerful feedback environments. It continuously reflects how we move, breathe and organize ourselves. The goal is not to fight the water. The goal is to learn from it. To remain stable while adapting. To move with the environment rather than against it. In this sense, Water Tai Ji is not simply Tai Ji performed in water. It is an exploration of awareness, adaptability and flow.

Beyond FlowMove

FlowMove is the entry point. Not the destination. The same principles explored through breath, movement, touch and awareness can be experienced through workshops, retreats, community practice and digital tools. Different formats. The same foundation: Regulation. Recovery. Adaptation. Transformation. Health does not begin when we escape from life. It begins when we learn how to meet life differently.

PART VI — SMALL CHANGES TURN INTO TRANSFORMATION

How Small Practices Create Lasting Change

Why small changes work

1. Regulation happens in the moment: the science of micromovements

A micromovement is a short, intentional burst of physical activity woven into ordinary daily life. It typically lasts one to ten minutes. It is not a workout. It is not exercise scheduled for later. It happens now, wherever we are - in response to what our body and mind need in this moment: stress and stiffness, mental fog, emotional tension, or simply the need to reconnect.

Think of the difference between snacking and sitting down to a full meal. Both nourish us, but a snack meets an immediate need. Micromovements work the same way - they give our nervous system, muscles, and mind what they need, when they need it.

How Micromovements Benefit Us

Micromovements work right now, when stress is happening. When we feel anxious before a meeting, tense after a difficult conversation, or foggy after two hours at a screen - waiting until the evening gym or running session does almost nothing for that moment. The stress is already reshaping our biology: cortisol is rising, breathing has become shallow, muscles have tightened.

A micromovement interrupts this cycle immediately. Even five minutes of slow, flowing FlowMove practice activates the parasympathetic nervous system - our body's rest-and-recover system - within minutes. We do not carry that tension forward into the rest of the day. This is the key insight: micromovements are timely. Modern life rarely offers a clean two-hour block of calm. What it does offer is dozens of small gaps - between meetings, waiting for coffee, before a difficult conversation. FlowMove is designed to fit there.

Micromovements are easy to stick with

Behavioural research consistently shows that the biggest barrier to regular movement is not motivation - it is planning and friction. When exercise requires sport clothing, a commute, a protected time block, and recovery afterward, most people simply do not sustain it over months and years. Micromovements remove almost all that friction. Two minutes of Cloud Hands while a computer restarts. It requires no equipment, no change of clothes, no commute. Because it is easy to start, anytime and anywhere, the benefits have a chance to accumulate.

2. Repetition Changes The Brain - Neuroplasticity: What Changes Over Time

FlowMove practice connects body and mind by working through the nervous system. With regular practice over weeks and months, our body and brain begin to change, both structurally and functionally.

The stress response becomes more efficient. Research shows that regular mindful movement practice is associated with reduced reactivity in the amygdala, the brain's threat-detection center, alongside strengthening of the prefrontal regulatory networks responsible for emotional regulation. In practical terms: we still feel stress, but we recover from it faster.

The body's default state shifts. Most of us in modern life spend much of the day in mild but chronic sympathetic activation — not dramatic enough to feel like panic, but quietly raising blood pressure, disrupting sleep, and weakening immune function. Regular movement practice gradually shifts our baseline toward greater parasympathetic tone. Resting heart rate lowers. Breathing naturally becomes slower and deeper. We feel calmer without consciously trying to.

Proprioception and coordination improve. Slow, attentive movement strengthens the connections between brain regions responsible for body awareness and movement coordination — including the cerebellum, motor cortex, and insular cortex. The real-world results are tangible: better balance, more fluid coordination, faster reactions, and a more grounded physical presence.

3. Small Actions Become Habits - Behavioral Science: How to Make Habits Stick

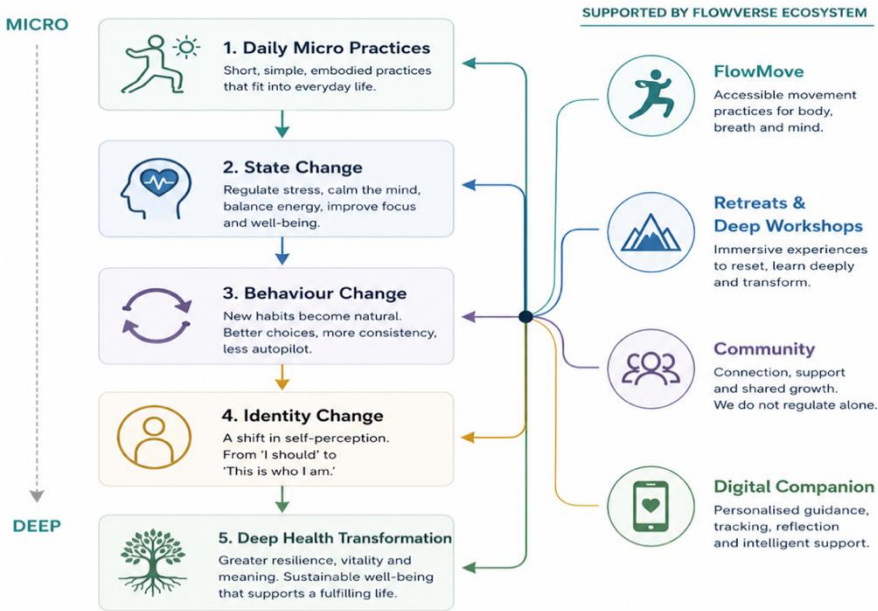
Knowing something is good for us has almost no reliable effect on whether we do it. Behavioral science has identified the design principles that form habits.

Attach to an existing anchor. The most reliable way to create a new habit is to attach it to something we already do consistently. This is called habit stacking. The anchor might be making coffee, sitting down at a desk, finishing a call, or walking through a door. The key is choosing one specific anchor and committing to it: "Every time I pour my morning tea, I do three FlowMove breaths."

Track streaks, not performance. In the early stages of habit formation, whether we showed up matters far more than how well we performed. A simple calendar where we mark off each day we practiced — the "don't break the chain" method, popularized by behavioral researchers — activates the brain's response to progress and completion. Track presence, not quality.

Micro & Deep Mode

Small Steps. Deep Change. Lasting Transformation.



Reduce activation energy to near zero. Activation energy is the effort required to begin. The more steps needed before starting, the less likely we are to start. FlowMove as a micromovement requires no mat, no specific clothing, no cleared space. The practice is available exactly as we are, exactly where we stand.

4. Habits Become Health - The Scientific Rationale for Long-Term Transformation

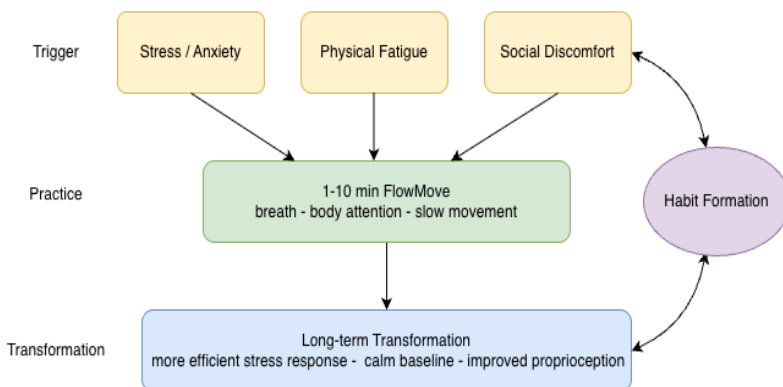
What makes the FlowMove approach scientifically meaningful is that it works at the level of pattern, not episode. A single session is calming. Thousands of sessions, woven into daily life, gradually reshape our neurobiology.

The evidence draws from several converging fields. Research on allostatic load - the cumulative biological cost of chronic stress - shows that small, regular recovery practices reduce that load more effectively over time than occasional large interventions. Polyvagal theory, developed by neuroscientist Stephen Porges, describes how slow, rhythmic movement activates the vagus nerve, signaling safety to the nervous system and improving vagal tone - a trainable marker of nervous system health and emotional resilience. Neuroplasticity research shows that the brain reorganizes in response to repeated patterns of attention and movement, not merely to intensity or duration. And behavioral science demonstrates that daily repetition embedded in environmental cues produces more durable behavioral change than motivation alone ever can.

FlowMove practiced as micromovements is not a diluted version of something more serious. It is a delivery mechanism matched precisely to how behavior changes - and to how the nervous system heals.

The transformation is not dramatic. It accumulates quietly, the way water shapes stone: not through force, but through patient, repeated contact.

The diagram below summarizes the full framework from what triggers a micromovement, through the practice itself, and forward into the long-term neurological transformation that accumulates over months and years. The dashed loop on the right shows how the transformation itself reinforces the habit, making practice gradually easier and more automatic over time.



Flowverse Insight: Transformation rarely happens in a single moment. More often, it emerges through thousands of small moments repeated over time. A breath. A movement. A pause. A different response. Practice today. Practice tomorrow. Practice for years. Like water shaping stone, change often appears gradual. Until one day, we realize we have become different.

PART VII — ETIM ACROSS THE HUMAN JOURNEY

Different Lives. Common Human Needs.

A student preparing for exams, a parent raising children, a leader navigating uncertainty, a caregiver supporting a loved one, an athlete pursuing excellence, a senior seeking to remain independent; their lives may look very different. Yet their needs are remarkably similar: to move, to recover, to adapt, to connect, and to live well. ETIM was not designed for a particular profession, age group or fitness level. It was designed for a fundamental human reality: Life continuously changes. Health depends on our ability to adapt. ETIM begins, not with disease, but with the cultivation of human capacities.

Core Human Capacities

a. Awareness 觉察 (Knowing What Is Happening)

Before we can change anything, we must first notice it. Awareness allows us to sense tension before pain, stress before burnout and emotions before reaction. ETIM develops awareness through movement, breath and attention. Awareness is the foundation of self-regulation.

b. Regulation 调身 · 调息 · 调心 (Regulating Body, Breath and Mind)

Body, breath and mind continuously influence one another. Posture affects breathing, breathing affects the nervous system, and the nervous system shapes attention, emotion and behaviour. ETIM brings these dimensions together as one integrated process.

c. Rhythm Regulation 调律 (The Ability to Sense and Adapt to Life's Rhythms)

Health is not found in always slowing down or speeding up. It emerges from our ability to sense rhythm and respond appropriately. ETIM develops the capacity to adjust pace, timing and effort according to changing conditions. Whether in movement, work, leadership, relationships or recovery, the ability to regulate rhythm helps us respond more intelligently to the changing conditions of life.

d. Adaptation 道 (Living with Change)

Life is constantly changing. Health therefore depends not on resisting change, but on adapting to it. ETIM develops adaptability across body, mind, behaviour and relationships through responsive practice.

e. Co-Regulation 共养 (We Do Not Regulate Alone)

Human beings do not regulate alone. We regulate through relationships. Families. Teams. Communities. Shared experiences. Modern research increasingly shows that social connection is one of the strongest predictors of wellbeing and longevity. Traditional cultures understood this long before the science existed. ETIM therefore supports both self-regulation and co-regulation. Health is personal. But it is never entirely individual.

f. Cultivation 养生 (Health as a Lifelong Practice)

Traditional Chinese health culture did not focus primarily on extending lifespan. It focused on preserving vitality. The goal was not merely to live longer. The goal was to live well for longer, to remain mobile and curious, independent and connected, and to continue growing. ETIM approaches health not as a destination, but as an ongoing process of cultivation. One day. One practice. One breath at a time.

ETIM Across Life Stages

Stage of Life	Common Challenges	ETIM Supports
Student	Focus, uncertainty, pressure	Awareness & Attention
Professional	Complexity, performance, stress	Regulation & Recovery

Stage of Life	Common Challenges	ETIM Supports
Parent	Caring for others while sustaining oneself	Energy & Resilience
Leader	Change, responsibility, ambiguity	Adaptability & Presence
Athlete	Performance & recovery	Efficiency & Embodied Intelligence
Caregiver	Supporting others without depletion	Co-Regulation & Self-Care
Senior	Independence & vitality	Balance & Healthy Ageing
Community	Belonging & connection	Trust & Social Wellbeing

ETIM in Everyday Life

When Stress Becomes Constant

Many people spend most of their day thinking but very little time sensing. Stress accumulates quietly. Breathing becomes shallower. Attention becomes fragmented. Recovery becomes delayed.

ETIM helps restore awareness, regulate stress and reconnect people with the body's natural capacity for recovery. Because sustainable performance depends on sustainable recovery.

When Responsibility Increases

Leadership rarely fails because of a lack of knowledge. More often it suffers from reactivity, overwhelm or loss of perspective. Tai Ji describes an important quality known as 定. A stable centre within continuous change. This is not only a martial principle. It is also a leadership principle. Listening before reacting. Adapting instead of forcing. Remaining calm under pressure. Finding opportunity within uncertainty. Leading others begins with leading oneself.

When Performance Matters

Most sports emphasize strength, speed and endurance. Tai Ji contributes something different. Structure. Timing. Balance. Coordination. Sensitivity. Efficiency. In Tai Ji, power does not begin with force. It begins with alignment. Then balance. Then coordination. Then timing. Only then does force become effective.

Golf provides a simple example. Many golfers discover improvements in: • rotation and mobility • weight transfer • stability • coordination • concentration • emotional control under pressure

Performance often improves not by trying harder. But by moving more intelligently. This is embodied intelligence in practice.

When Caring for Others Becomes a Priority

Caregivers often carry two invisible burdens. The physical demands of helping others. And the emotional demands of witnessing suffering. Traditional Chinese health culture recognised a simple truth: One cannot continually nourish others without also nourishing oneself. 养生 begins with 养己. To cultivate oneself before supporting others. ETIM helps caregivers restore energy, regulate stress and maintain resilience while continuing to care for those around them.

When Vitality Becomes More Important Than Speed

Ageing is inevitable. Loss of vitality is not always inevitable. The goal of practice is not to remain young forever. The goal is to maintain mobility, confidence and independence for as long as possible. Tai Ji and Qi Gong are among the most researched traditional movement practices for healthy ageing, with studies showing benefits for balance, mobility, fall prevention, cognitive quality of life. Healthy ageing begins long before old age. It begins with the habits we cultivate today.

When Connection Matters Most

Health becomes visible in relationships. How we listen. How we communicate. How we respond to stress. How we support one another. Partner exercises, group practice and shared experiences create opportunities for co-regulation. Because wellbeing is not only an individual achievement. It is also a collective experience.



ETIM ACROSS THE HUMAN JOURNEY

One Life. Many Roles. Common Human Needs.

The roles change. The underlying capacities remain remarkably similar.

LIFE ROLES WE MOVE THROUGH Common Challenges



CORE HUMAN CAPACITIES Our Lifelong Foundation



WHAT THESE CAPACITIES HELP US DO Practical Outcomes



Different lives. Similar needs. These capacities support us in every role, every day.

ETIM IN EVERYDAY LIFE

OFFICE WORKERS



- Reconnect with the body
- Improve posture and breath
- Reduce tension and fatigue
- Work with clarity

STRESSED PROFESSIONALS



- Learn to recover
- Reset the nervous system
- Build resilience and energy
- Sustain performance

LEADERS & EXECUTIVES



- Stability in motion
- Lead with presence
- Stay calm under pressure
- Create from clarity, not reactivity

ATHLETES & SPORT ENTHUSIASTS



- From force to efficient power
- Improve coordination and timing
- Enhance focus and recovery
- Perform intelligently

CAREGIVERS & HEALTH PROFESSIONALS



- Support others sustainably
- Regulate stress and emotion
- Prevent burnout
- Care begins with self-care

SENIORS



- Preserve vitality
- Improve balance and mobility
- Support cognitive health
- Age with confidence and independence

COUPLES, FAMILIES & COMMUNITIES



- We do not regulate alone
- Listen and communicate better
- Build trust and connection
- Thrive together



FLOWVERSE INSIGHT

We move through life in many roles.
The roles change.
The human needs remain remarkably similar.



Some because of stress.



Others because of pain.



Others because of performance.



Others because of ageing.



Others because of curiosity.



The entry points may differ.

The underlying capacities remain remarkably similar:

AWARENESS • REGULATION • ADAPTATION
CONNECTION • CULTIVATION

That is why ETIM is not designed for a particular group of people. It is designed for the human journey.

HEALTH IS NOT SOMETHING WE ACHIEVE ONCE.
IT IS SOMETHING WE CONTINUOUSLY CULTIVATE.

One breath. One movement. One moment at a time.

The goal of ETIM is not to become calmer,
slower or stronger.

The goal is to become more adaptable.



YIN-YANG IS NOT ABOUT FINDING BALANCE. IT IS ABOUT CONTINUOUSLY BALANCING IN A CHANGING WORLD.

IT IS FLOW. FLOWVERSE.

NOTE

One Practice. Many Moments. A Lifetime of Cultivation.
Inspired by living heritage. Clarified by science. Applied in everyday life.

Living Heritage × Preventive Health Science x Swiss Innovation
Regulate · Recover · Adapt · Transform
Flowverse® - ETH Start-Up born in June 2026

Visit us: flowverse.ch
Contact us: collab@flowverse.ch
Join us!



Start-up

ETH zürich

Flowverse Event & Experiences 2H 2026

Date	Location	Event
04 Jul 2026	Maistra 160, Pontresina	Tai Ji To Go
10–12 Jul 2026	Hotel Walther, Pontresina	Tai Ji Weekend Retreat
13–18 July 2026	Engadin	Bootcamp
09 Aug 2026	Schenkhaus Zürich	Taiji for Neck, Shoulders & Upper Back – Office Edition
30 Aug 2026	Schenkhaus Zürich	Taiji Breath & Nervous System Regulation
20 Sep 2026	Schenkhaus Zürich	Taiji Movement Intelligence
27 Sep 2026	Schenkhaus Zürich	Taiji and Sound
11 Oct 2026	Schenkhaus Zürich	Tai Ji for Everyday Life
18–21 Oct 2026	Maistra 160, Pontresina	Deep Health / Tai Ji Retreat
29 Oct–01 Nov 2026	Hotel Walther, Pontresina	Tai Ji Weekend Retreat
05–06 Nov 2026	Pontresina	Mind Body Medicine Conference
15 Nov 2026	Schenkhaus Zürich	Winter Cultivation & Recovery
20–22 Nov 2026	Hotel Walther, Pontresina	Tai Ji Weekend Retreat



