



Council of 9 - Doc 3 / RV3 09 August 2017

# Chi Nei Tsang Curriculum

to become a certified Chi Nei Tsang (CNT) Practitioner, Teacher & Senior Teacher

**CNT Program Part 1-11 Theory and Practice**

**1 700 h Total Hours**

**Part 12-13 Theory and Practice**

**714 h Total Hours**

**CNT Career Path from CNT Trainee to CNT Practitioner to CNT Teacher to CNT Senior Teacher**

**Note:** for approved certified body therapists, massage therapists, natural healers and similar professionals a reduction on study cases, hours of anatomic teachings is possible upon request and proven documentation.

## Part 1: Become a CNT Trainee (student/participant)

Apply in writing for Study and Training Part 1

Attend 28 hours (first training in CNT I) group training of CNT 1 Techniques Teachings including anatomy with CNT Senior Teacher or CNT I Teacher

**Textbooks:** Chi Nei Tsang I/II/III/IV/V by Master Chia

**Result :** Allows to work as a CNT Trainee for collecting case studies

## Part 2- Become a CNT Practitioner in CNT I Techniques (internal organs)

**410 hr**

**Textbook:** Chi Nei Tsang I by Master Chia

Present minimum 100 study cases and your practice hours

150

Attend 28 hours (second training in CNT I) group training including anatomy with CNT Senior Teacher or CNT I Teacher with key T1

Attend Universal Healing Tao Basic Training in Microcosmic Orbit, Healing Love, Iron Shirt recommended (40h)

Educate students in Six Healing Sounds, Inner Smile, CNT Self massage

50

**CNT I training course curriculum:**

Study Chi Nei Tsang I Book

hands on techniques, Opening Wind Gates, anatomy

120

Qi Qong

25

Inner Smile Meditation

10

Six Healing Sounds

10

Tao Yin Yoga

10

Releasing negative energy through tree meditation

10

Exchanging massage technique with different partners

10

cleaning intestine with herbs or hydro colonic

02

**Evaluation** by Master Chia or CNT Senior Teacher with key ST or 2 CNT Teachers with key T1

07

**Result:** Certification as CNT I Practitioner

Allows to work as a CNT Practitioner (with key P1) on students and clients

Profile of CNT Practitioner is added into the Universal Healing Tao/CNT practitioner website

## Part 3- Become a CNT Practitioner in CNT II Techniques (chasing the winds)

**320 hr**

**Textbook:** Chi Nei Tsang II, Chasing the Winds by Master Chia

Attend 21 hours group training of CNT I Techniques Teachings with a CNT Senior Teacher

Collect minimum 100 case studies and practice hours

100

Educate students in Six Healing Sounds, Inner Smile

50

Attend 28 hours (first training in CNT II) group training of CNT I Techniques with a CNT Senior Teacher with key ST or CNT Teacher with Key T1 and T2 13 16

**CNT II Training course curriculum:** Studying Chi Nei Tsang II, Chasing the Winds,

Each wind according to a specific ailment with anatomy part

90

Qi Qong

20

Microcosmic Orbit

10

Iron Shirt I

10

Elixir Chi Kung

10

Clean intestine with herbs or hydro colonic

03

Exchanging massage technique with different partners

10

**Evaluation** By Master Chia or CNT Senior Teacher or 2 CNT Teachers with key T1 & T2

07

**Result:** Certification as CNT II Practitioner

Allows to work as a CNT II Practitioner (with key P2) on students and clients

Profile of CNT II Practitioner is added into the Universal Healing Tao/CNT practitioner website

## Part 4- Become a CNT Practitioner in CNT III Techniques (Tok Sen, Muscle, Tendon, Meridian) 290 hr

**Textbook:** Chi Nei Tsang III, Healing Harmony - Internal Muscle, Tendon, Meridian Massage by Master Chia

Attend 21 hours group training of CNT I Techniques Teachings with a CNT Senior Teacher

Collect minimum 60 case study practice hours 100

Educate students in Six Healing Sounds, Inner Smile 50

Attend a second CNT III group training with qualified CNT Teacher

**CNT III training course curriculum:** Study Chi Nei Tsang III: Intensive muscle, tendon, meridian treatment 90

Iron Shirt Qi Qong 20

Cleaning intestine with herbs or hydro colonic 03

Exchanging massage technique with different partners 10

**Evaluation** by Master Chia or Senior Teacher with key T3 and certified to evaluate CNT III 07

**Result:** Certification as CNT III Practitioner

Allows to work as a CNT III practitioner (with key P3) on students and clients

Profile of CNT III practitioner is added into the Universal Healing Tao/CNT practitioner website

## Part 5 - Become a CNT Practitioner in CNT IV techniques (Karsai Nei Tsang)

**Textbook:** Chi Nei Tsang V, Karsai Nei Tsang, Genital Therapeutic Massage by Master Chia with anatomy part

Attend 21 hours group training of CNT I Techniques Teachings with a CNT Senior Teacher

Collect minimum 60 case study practice hours

Educate students in Six Healing Sounds, Inner Smile

Attend a second CNT IV group training with qualified Karsai Nei Tsang Senior Teacher 50

**Evaluation** by Master Chia or Senior Teacher with key T4 and certified to evaluate Karsai Nei Tsang 07

**Result:** Certification as Karsai Nei Tsang Practitioner

Allows to work as a Karsai Nei Tsang practitioner (with P4) on students and clients

Profile Karsai Nei Tsang practitioner is added into the Universal Healing Tao/CNT practitioner website

## Part 6 - Become a CNT Practitioner in CNT V techniques (Life Pulse)

**Textbooks:** Chi Nei Tsang V, Life Pulse Massage by Master Chia / Aisha Sieburth

Attend 21 hours group training of CNT V Techniques with a CNT Senior Teacher

Collect minimum 60 case study practice hours

Educate students in Six Healing Sounds, Inner Smile

Attend a second CNT V group training with qualified Chi Nei Tsang Senior Teacher 50

**Evaluation** by Master Chia or Senior Teacher with key T5 and certified to evaluate Life Pulse Massage 07

**Result:** Certification as Life Pulse Practitioner

Allows to work as a Life Pulse Practitioner and have students (clients)

Profile Life Pulse practitioner is added into the Universal Healing Tao/CNT practitioner website

## Part 7 - Become a CNT Teacher in CNT I, CNT II, CNT III techniques 316 hr

**CNT Teacher cannot evaluate CNT Practitioner**

**Textbooks:** Chi Nei Tsang I by Master Chia

**Textbooks:** Chi Nei Tsang II, Chasing the Winds by Master Chia

**Textbooks:** Chi Nei Tsang III, Healing Harmony - Internal Muscle, Tendon, Meridian Massage by Master Chia

CNT I Practitioner minimum 4 years

Attend 21 hours Cosmic Healing Training with Master Chia or Cosmic Healing Teacher 21

Attend UHT Instructor Training and get certified as Universal Healing Tao Instructor with keys BA, IS1, HL 140

Assist full CNT training in CNT I or CNT II with Master Chia or CNT Senior Teacher as assistant teacher with key ST 28

**Recommendation:** It is recommended to certify as Cosmic Healing Practitioner.

to become Cosmic Healing Teacher within 2-3 years after having been certified as a CNT I Teacher.

**Evaluation** by Master Chia

**Result:** Certification as CNT I Teacher

Allows to teach CNT I, CNT II and CNT III and have students

UHT Foundation will send out mailing list to advertise for Senior Teacher or Teacher

If UHT Foundation receives names/email addresses from students of Senior Teacher or Teacher

Profile of CNT Teacher is added into the Universal Healing Tao/CNT practitioner website

## Part 8 - Become a CNT Teacher in CNT IV techniques (Karsai Nei Tsang) 328 hr

**Textbook:** Chi Nei Tsang IV, Karsai Nei Tsang, Genital Therapeutic Massage book by Master Chia with anatomy part

CNT Teacher with key T1, T2, T3

Attend 14 hour (first) CNT 4 Teachings with Master Chia or CNT Senior Teachers assistant with key ST and key T4 14

**Karsai Nei Tsang training course curriculum:** Study Karsai Nei Tsang , intensive pelvis and 120

Genital medical massage 20

Qi Qong 10

Healing Love 15

Bone Marrow Nei Kung 10

Chi Weight Lifting / Jade Egg Practice 10

Exchange massage technique with different partners 10

**Evaluation** by Master Chia or CNT Senior Teacher with key ST and key T4 07

**Result:** Certification as CNT Teacher with key T4

Allows you to teach CNT 4 to students

## Part 9 - Become a CNT Teacher in CNT 5 techniques (Life Pulse)

70 hr

**Textbooks:** Chi Nei Tsang V, Life Pulse Massage by Master Chia

Study and update in CNT 5

Attend 7 hour (first ) CNT 5 Teachings with CNT Senior Teacher with key ST and key T5

Attend 7 hours (second) CNT 5 Teachings

60

07

07

**Evaluation** by Master Chia or CNT Senior Teacher with key ST

**Result:** Certification as CNT Teacher with key T5

Allows you to teach CNT 5 and to students

## Part 10 - Become a CNT Senior Teacher

314 hr

Active CNT I Teacher Status for min. 2 years, keys T1, T2, T3, T4 and documentary evidence of having educated 10 CNT I Practitioner Attend 14 hours CNT Senior Teacher Training with Master Chia or active CNT Senior Teacher T1, T2, T3, T4 Get 2 Recommendation Letters from either 2 active CNT Senior Teachers or 1 CNT I Teacher / 1 CNT Senior Teacher

300

14

**Result:** Certification as CNT Senior Teacher with key ST

Allows to teach CNT and evaluate CNT Practitioner

UHT Foundation will send out mailing list to advertise for Senior Teacher or Teacher

If UHT Foundation receives names/email addresses from students of Senior Teacher or Teacher

Profile of CNT Senior Teacher is added into the Universal Healing Tao/CNT practitioner website

## Part 11 - Research Projects

400 hr

To complete the CNT Branch Curriculum it is required to participate in a CNT research project which is submitted to the UHT Foundation.