

Nathan Brine - Intro to Taoist Alchemy

Course curriculum

1

Introduction

Talk | Intro

2

Stillness and How to Sit

Talk | Stillness

Talk | How to Sit

3

Basic Tech #1: Inner Seeing

Talk | Inner Seeing

Session | Inner Seeing

4

Basic Tech #2: Natural Breathing

Talk | Natural Breathing

Session | Natural Breathing

5

Basic Tech #3: Nose Breathing

Talk | Nose Breathing

Session | Nose Breathing

Extra Combo Session- Inner Seeing, Natural and Nose Breathing

6

Basic Tech #4: Body Breathing

Talk | Body Breathing

Session | Body Breathing

7

Basic Tech #5: Pore Breathing

Talk | Pore Breathing

Session | Pore Breathing

8

Basic Tech #6: Inner Hearing

Talk | Inner Hearing

Session | Inner Hearing

Extra Combo Session- Pore Breathing and Inner Hearing

9

Basic Tech #7: Lower Abdominal Breathing

Talk | Lower Abdominal Breathing

Session | Lower Abdominal Breathing

10

Basic Tech #8: Inner Breathing

Talk | Inner Breathing

Session | Inner Breathing

11

Basic Tech #9: Lower Field (xiatian) Breathing

Talk | Lower Field Breathing

Session | Lower Field Breathing

Extra Combo Session- Lower Abdominal Breathing, Inner Breathing, Xiatian Breathing

12

Final Words

Talk | Conclusion

Session | Final Session

Extra Combo Session- Complete Session

