

VIDEO PROGRAMS AT YOUR PACE

**ENTIRE LISTING OF
MEDITATION CURRICULUM**

**NOTE: YOU MUST PURCHASE BEGINNER OR ADVANCED
SECTION SEPARATELY, AND PLEASE START WITH BEGINNER
LEVEL SO YOU GET THE MOST OUT OF THIS!**

BEGINNER & ADVANCED MEDITATION CURRICULUM

- *The content listing for each video class gives general topics covered but our awesome instructors sometime throw in bonus stuff unscripted, making classes very entertaining
- *Classes can be done with family members for bonding time
- *Use 1 video for a class, do not ever do more than one video in a day
- *Aim for 2-3 videos per week allowing for an entire session to be completed in 4-6 months but for families that want a class every day (the more the better!) we traditionally recommend repeating and rotating this video set with a new video every 2 days, roughly every 12 weeks for 6 months, as in-person schools obviously has children practice repeated drills and exercises
- *We pride our program curriculum on being non-traditional where a blend of Tai Chi transitions to yoga in some sets and chi gung as a precursor to Tai Chi in other sets
- *We incorporate various holistic healing modalities into classes like reflexology, acupoints and organ massage
- *We will cover dream meditations and basics of Shamanic drumming and journeying
- *Video pause points given for longer continued meditation segments if desired for longer more intense classes
- *Dynamic stretching, chi gung and fire breathing fundamental warmups prior to any class
- *There are many variations we have developed over years for what feels “good” to most students at beginner, intermediate and advanced levels – if you feel better practicing yoga and Tai Chi separately you of course can, however by slowing down the Tai Chi even more and yoga poses held momentarily and not for extended periods of time, an interesting subtle blend develops
- *Remember, systems were developed isolated in “silos” thousands of years ago because cultures and different people across the world did not have immediate instant access to each other through the internet; using just basic evolutionary psychology we can deduce that “yoga” or “Tai Chi” could look quite different if this communication existed thousands of years ago
- *Your “foundation” in learning this is more than the basics of all these different formats, it’s really the ability to be fully present in a movement or in stillness, to connect with it, to revise it and build on it, evolving it while understanding the original advanced form and theory, comparing it to your results of what you took it to

Daily growth outline: A guide to get the most out of this (though you can break these parts up and change times, but over years this is what seems to work best for people with families in the house). If you do not have time to practice these all each day, then just focus on 1-2 items listed below to get started as you go each week!

1. Breath work: Begin the morning with 5 minutes of a breath work pranayama the moment you wake up – you will learn MANY breath works with us. Most people have a busy morning and are out the door to work early, so we recommend only this before starting your work day, however, adapt this to your own schedule!

2. Daily Casual Discussion: During the day, feel free to share any of our meditation strategies and techniques, nutrition info, or daily “class discussion” material with coworkers, friends and family. We need a healthier more spiritual world for sure and this is one easy simple free way to do it. Spread good ideas and knowledge. You will have taught them something valuable that will help them. And in the end, that helps you.

3. Chi gung: After the workday for most people (one hour before or after dinner), you can begin with chi gung basic standing for 20 minutes a day (as you learn the posture holds add a different one each day for 5-10 minutes **after** standing chi gung for 20 minutes, so now total chi gung time is 25-30 minutes)

*on chi gung, this I wish I knew from the start many years ago: 20-30 minutes a day sounds like a lot for people, however, can be effectively done while watching TV with your family, or your children playing in the room while you tell them you are “exercising” in a different kind of way. Interestingly, many people find their own kids or younger siblings start to practice “standing chi gung” next to you each day when you do it, because they like to copy you. This is AMAZING and you should take advantage of that. Not only are they cultivating energy, but learning to meditate and “separate” from all the noise in the house. All while spending time with you. I so wish I knew this for my family from day 1 when I started! This way, you do not “lose” family time. But remember, be present in your lower abdomen breathing while you practice, tongue on the roof of the mouth, in and out thru the nose with knees slightly bent and a little space between arms and side of body and each of the fingers.

*there are some esoteric “rules” or guidelines with practicing chi gung for energy work, and it is a good idea to at least follow these ones: do not eat within 30-60 minutes before/after chi gung, nor you have sex for at least 2-3 hours after (Chinese philosophy sees sexual energy as potentially affecting your “chi gung” work) and also avoid chi gung if you are sick with fever or within an hour of before/after showering or a bath, as the water temperature does affect the skin temperature, which we want neutral.

4. Yoga: Right after chi gung, this is the very best time to do a yoga and Tai Chi hybrid practice, starting with yoga. Even 10-15 minutes of any of our different “yoga flows” is monumental in effect, but remember, only hold positions 5 seconds on average, and keep more of a “flow” than a “long, static hold” rhythm. Thus, you have more yoga form postures, or more repetitions, which is important. And remember to keep the tongue on the roof of your mouth during yoga! Again, this can be alongside your family in the living room while children are watching TV or doing their homework (or even better, they want to practice with you – awesome!).

5. Tai Chi: Now take 10-15 minutes of Tai Chi form time. Every 3-4 days, choose a new Tai Chi piece we have created for you from each class. Again, this can be alongside your family in the house as long as they are not distracting you and doing their own thing so you can focus (or even better, they do it alongside you).

(4 & 5 Advanced: Yoga / Tai Chi Hybrid): These simply integrate and literally combine once you know what you’re doing and have a basic foundation in both, to see where yoga asanas lead into various Tai Chi movements and vice versa. It gets very powerful fast. If you are new, wait a couple months before doing this.

6. Seated Meditation: This does NOT need to be right after your “chi gung – yoga – Tai Chi” set, but rather, right before you go to bed, do a 3-5 minutes seated meditation from any we taught you. You will sleep well!

BEGINNER MEDITATION CURRICULUM

CLASS 1

- *Learning proper dynamic stretching warmup before any meditation and how we “warmup” prior to classes
- *Pranayama Fire Breathing
- *Chi gung fundamentals – Yi Chuan’s basic standing chi gung meditation with seated version too
- *Discussion of day: Yoga vs. chi gung vs. Tai Chi vs. pranayama (or no “versus” at all...)

CLASS 2

- *Food / Nutrition Tip of Day – How to drink coffee the smart way
- *Buddha Breathing
- *Chi gung basic position 1 with Daily Discussion: Overview of acupressure / acupuncture points and things you should expect to feel eventually
- *Tai Chi ruler basics
- *Closing Meditation: Intro to Basic Seated Meditations (can sit in chair vs on ground), Mindfulness

CLASS 3

- *Food / Nutrition Tip of Day – The magic of N-Acetyl cysteine and why it will make a comeback
- *Sequenced breathing
- *Chi gung basic position 2 with Daily Discussion: Third Eye myths vs. reality and how being mindful makes everything and anything a meditation
- *Now transitioning to Basic Asanas
- *Tai Chi Scoop and Tai Chi ruler circles and coiling
- *Closing Meditation: Third Eye Meditation for Pineal Gland

CLASS 4

- *Food / Nutrition Tip of Day – What everyone is missing, a mineral to be treasured and in what forms
- *Tidal breathing
- *Chi gung basic position 3 with Daily Discussion: Emotional Freedom Points
- *Basic Asana now with Emotional Freedom Tapping Techniques
- *Eight Brocade
- *Closing Meditation: Third Eye Meditation for Pineal Gland and Pulling

CLASS 5

- *Food / Nutrition Tip of Day – Everyone deserves this one item in their house for sickness and remedy
- *Tidal breathing with emotion
- *Chi gung position 4 with Daily Discussion: Order of your moving vs. still meditations and the principle of speeding up yoga transitions with less hold times and slowing down the Tai Chi and transitions
- *Yoga transition to Warrior Yoga set part 1
- *Nei Yang Gong Qigong Exercises
- *Closing Meditation: Pinpoint Meditation (standing or seated)

CLASS 6

- *Food / Nutrition Tip of Day - The simple long-term blood pressure item and a couples food you can do to at least see if it helps
- *Tidal breathing with intent of action and desired outcome
- *Chi gung position 5 with Daily Discussion: Tai Chi concepts and the various ways to “practice” (physical exercise, energetic positioning, transcend out of body)
- *Yoga transition to Warrior Yoga set part 2
- *Intro to Tai Chi 24 and Tai Chi holding the ball variations
- *Closing Meditation: Pinpoint Meditation (expanding the pinpoint)

CLASS 7

- *Food / Nutrition Tip of Day – Honey and the one remedy with other ingredients you wish you knew for anyone hooked on tobacco
- *Chakra breathing – Variation 1
- *Chi gung position 6 with Daily Discussion: Reflexology
- *Yoga beginner set with new variations
- *Tai Chi kick sequence with Repulse the Monkey
- *Closing Meditation: Sound Meditation with higher frequencies

CLASS 8

- *Food / Nutrition Tip of Day - Let’s tackle early virus and bacteria treatment the smart, cheap effective way before over-reliance on pharmaceuticals
- *Chakra breathing – Variation 2
- *Chi gung position 7 with Daily Discussion: Chakras
- *Power yoga (mix set up)
- *Tai Chi 24 piece Brush Knee Push
- *Closing Meditation: Sound Meditation with lower frequencies

CLASS 9

- *Food / Nutrition Tip of Day – Possible prevention or decrease in severe lung inflammation and distress with this part of this particular food item – Give me a good reason to NOT be doing it during pandemics
- *Third Eye Pineal Gland Breathing
- *Chi gung position 8 with Daily Discussion: Revisit Third Eye Meditation
- *Warrior yoga full set intermediate
- *White Crane spreads its wings
- *Closing Meditation: Frequencies with Chakra Intention

CLASS 10

- *Food / Nutrition Tip of Day – Blood glucose levels and pancreases appreciate this
- *Third Eye Pineal Gland Breathing
- *Chi gung position 9 with Daily Discussion: The Elephant in the Room – Where are all the “opened third eye” humanitarian warriors in the world if so many have opened their third eye?
- *Vinyasa yoga set
- *Dragon Swim
- *Closing Meditation: Pinpoint meditation – adding noise and distractions

CLASS 11

- *Food / Nutrition Tip of Day - Eat like the fish and why
- *Mantis Kung Fu breathing
- *Chi gung position 10 with Daily Discussion: Pushing emotion into your practice (anger, strength, fear, etc.) as outlets
- *Intro to Iyengar yoga set
- *Tai Chi Running
- *Closing Meditation: Third Eye Meditation – adding noise distractions

CLASS 12

- *Food / Nutrition Tip of Day – A simple herb for anti-oxidants that we use in public health anti-parasite programs abroad, cheap and effective
- *Mantis Kung Fu breathing
- *Chi gung position 11 with Daily Discussion: Parallels between Vatta, Pitta and Kapha within Ayurveda and yin yang of Tai Chi and chi gung
- *Yoga – Transition to Kundalini Yoga basic set
- *Tai Chi - Playing the lute with variation of Tai Chi kick as a “moving mantra”
- *Closing Meditation: Pinpoint meditation – adding physical distractions (ice water and others)

CLASS 13

- *Food / Nutrition Tip of Day – Antioxidants are important, but in balance! Too much of a good thing...
- *Vacuum Breathing
- *Chi gung position 12 with Daily Discussion: Wim Hoff – a man to be admired and studied
- *Deep stretch yoga set
- *Tai Chi Cloud hands transitioned to Brush Knee
- *Closing Meditation: Third Eye Meditation – gentle physical distractions

CLASS 14

- *Food / Nutrition Tip of Day – One of the few Chinese herbs allowed to be taken alone, a “King” herb not needing supporting herbs and the detail everyone misses for best type of it!
- *Vacuum Breathing
- *Chi gung position 13 with Daily Discussion: Finer points of chi emission therapy; anecdotal cancer cell research and current global healthcare conundrum
- *Core Power Yoga with intermittent Forearm Handstand poses and variations
- *Original Tai Chi set 1
- *Closing Meditation: Pinpoint Method – with drumming for theta-wave

CLASS 15

- *Food / Nutrition Tip of Day – Ryan’s Alkalinity Drink (it forces you to wake up and keep’s the blood pH ranging from 7.35 – 7.45 on the slightly alkaline end towards 7.45 and why that’s important)
- *Bone Breathing
- *Chi gung position 14 with Daily Discussion: Energy, frequency and vibration (reminder of Yin/Yang organs)
- *Yin organ yoga combined with moving chi gung
- *Original Tai Chi set 1 now slowing the transitions
- *Closing Meditation: Third Eye Method – with drumming for theta-wave

CLASS 16

- *Food / Nutrition Tip of Day – One food that actually helps weight loss but you cannot rely just on this!
- *Bone Breathing
- *Chi gung general with Daily Discussion: Building conviction – a couple positive words, clear visualization of you doing the right thing in a tough situation, and identifying with that triumphant feeling of doing it even if causing struggle
- *Yang organ yoga combined with moving chi gung
- *Tai Chi White Crane with Rolling Tiger claw presses
- *Closing Meditation: Zen Meditation – Emptiness

CLASS 17

- *Food / Nutrition Tip of Day – A strong diet in plants and proteins to start with
- *Bone Breathing
- *Chi gung general with Daily Discussion: Use your energy in life wisely; Conserving, never wasting, targeting and growing
- *Yoga sequence: Yoga for Spine
- *White Crane Tai Chi with “wide wing” variation
- *Closing Meditation: Zen Meditation – Emptiness

CLASS 18

- *Food / Nutrition Tip of Day - What I like people with gastrointestinal symptoms to at least start with and why
- *Closing Meditation: Seated palm breathing
- *Chi gung general with Daily Discussion: Don't just do “what you enjoy” but do what is “uncomfortable, difficult, interesting” for you
- *Yoga sequence for finger and grip strength
- *White Crane Kung Fu energy movement drills
- *Closing Meditation: Flame Meditation

CLASS 19

- *Food / Nutrition Tip of Day – Indian king herb of the day
- *Seated Palm Breathing
- *Chi gung general with Daily Discussion: Acupressure for Cranium and Cerebrospinal Fluid
- *Yoga sequence: Ryan's Favorite – Scorpion Pose and Wall plank holds
- *White Crane Kung Fu Form
- *Closing Meditation: Heart Chakra using Flame Meditation with Shamanic drumming

CLASS 20

- *Food / Nutrition Tip of Day – Two greens that are important, but important in moderation
- *Fire breathing
- *Chi gung general with Daily Discussion: Occipital Focus Points
- *Non-choreographed Yoga / Tai Chi moving hybrid mix introduction (learn “soul speak” through the body)
- *Closing Meditation: Third Eye using Flame Meditation with Shamanic drumming
- *Final words – The world needs heroes

ADVANCED MEDITATION CURRICULUM

CLASS 21

- *Food / Nutrition Tip of Day - Fun with potassium, athletes and blood pressure patients will appreciate this
- *Fire breathing
- *Chi gung general with Daily Discussion: Fascia as an “Organ System” and Fasciotomy Work
- *Yoga: Scale Pose – Focusing on it singularly isolated and why!
- *Kung Fu Eagle Form Moving Meditation Part 1
- *Closing Meditation: Mudra Meditations of Hands

CLASS 22

- *Food / Nutrition Tip of Day – My bones are staying strong – are yours?
- *Lymphatic breathing
- *Chi gung general with Daily Discussion: Various Styles of Tai Chi – an overview
- *Yoga: Iyengar yoga, increased intermediate pace, part 1
- *Kung Fu Eagle Form Moving Meditation Part 2
- *Closing Meditation: Do this on your fingers for a new meditation experience

CLASS 23

- *Food / Nutrition Tip of Day – Zinc belongs higher up on your priority list, especially for testosterone production in men
- *Lymphatic breathing
- *Chi gung general with Daily Discussion: Various yoga style overview
- *Yoga: Iyengar yoga, increased intermediate pace, part 2
- *Learning Elements of Tai Chi Chen Style Form
- *Closing Meditation: Do this on your fingers for a new meditation experience

CLASS 24

- *Food / Nutrition Tip of Day – The one food I focus on for constipation or prevention of it, not a bad nighttime snack either with some honey
- *Lymphatic breathing
- *Chi gung with Daily Discussion: Train Tracks Theory – Parallel continuum of your intent and actions to save yourself and the world while still working towards opening the Third Eye
- *Yoga: Deeper into Iyengar yoga – true angles, position and strength
- *Tai Chi free flow with Elements of Chi Gung Turtle Form
- *Closing Meditation: Bird’s Eye view (as high as you can go)

CLASS 25

*Food / Nutrition Tip of Day - Natural Remedy Rapid Fire 60 Seconds, Get a Pen and Paper: fever, asthma, eczema, iron deficient anemia, acne, menstrual pain, nausea, indigestion, cough, gums of teeth, ovarian cysts, urine tract infections, diarrhea, skin burns, insomnia, headaches

*Pranayama Variation

*Chi gung with Daily Discussion: Focusing on “Kundalini” in awakening the yogi within you

*Yoga: Advanced Iyengar final points to remember

*Tai Chi Yang Style

*Closing Meditation: Organ Massage Part 1

CLASS 26

*Food / Nutrition Tip of Day – Turmeric, Black pepper, how and why

*Turtle breathing

*Chi gung with Daily Discussion: Master yourself the Shaolin way; Strong, Stronger, Strongest

*Vinyassa Yoga – Jumping right in

*Tai Chi Yang Style continued

*Closing Meditation: Organ Massage Part 2

CLASS 27

*Food / Nutrition Tip of Day – How clean is your water (chlorine, bad metals, etc.)

*Reverse Breathing

*Chi gung with Daily Discussion: Heat vs. cold therapy, yin meets yang literally and figuratively

*Fun with Kundalini Yoga sets

*Elements of Kung Fu Tiger Forms and Movements

*Closing Meditation: Water Meditation

CLASS 28

*Food / Nutrition Tip of Day – The amino acid the deserves the most research

*Reverse Breathing with Intent to Third Eye or Body Parts

*Chi gung with Daily Discussion: East meets West – the new medical hybrid system

*Bikram Yoga Fusion

*Kung Fu Tiger Style Free Form

*Closing Meditation: Heat and cold created on body points

CLASS 29

- *Food / Nutrition Tip of Day - Ulcers and gastritis fear this supplement
- *Hypocapnia breathing to breath holds
- *Chi gung with Daily Discussion: What's the point of Third Eye if you fall prey to logical fallacies
- *Ashtanga Yoga with Variations
- *Tai Chi marbles
- *Closing Meditation: 54 point meditation

CLASS 30

- *Food / Nutrition Tip of Day – Know someone with autoimmune issues... Please have them avoid this
- *Hypocapnia breathing to breath holds
- *Chi gung with Daily Discussion: Checking Karma – Beware of silly silver linings
- *7 Tibetan Rites
- *Tai Chi plates and Yi Jin Jing
- *Closing Meditation: 108 point meditation

CLASS 31

- *Food / Nutrition Tip of Day – Omegas short and sweet key points
- *Nine Purification Breaths
- *Chi gung with Daily Discussion: Mantras, Auras and Aura-Watching
- *Tibetan Yoga
- *Modified Shaolin Dragon Form Part 1
- *Closing Meditation: Stepping Forward, Out of Body Meditation

CLASS 32

- *Food / Nutrition Tip of Day – Oils to love for cooking and taste
- *Nine Purification Breaths
- *Chi gung with Daily Discussion: Pinball analogy of Mastering the Mind (life external and internal obstacles, some controllable some not, balancing the board, knowing when to strike)
- *Ryan's Advanced Yoga Set 1
- *Modified Shaolin Dragon Form Part 2
- *Closing Meditation: Seated Meditation with Tummo Fire Breath h

CLASS 33

- *Food / Nutrition Tip of Day -- Concerned about heavy metal buildup
- *Ice breathing (ice bath / ice buckets)
- *Chi gung with Daily Discussion: Playing with the unconscious and understanding consciousness
- *Ryan's Advanced Yoga Set 2 integrating Wudang Chi Gung
- *Dragon Form Set Together
- *Closing Meditation: Going further with Tummo Fire Breath

CLASS 34

- *Food / Nutrition Tip of Day – The mushroom the world needs forever, healthy or sick
- *Ice breathing (ice bath / ice buckets)
- *Chi gung with Daily Discussion: Afterlife and Spirits – Big conversations, big questions
- *Moving Meditation from Shaolin Tiger and Crane Double Form Set
- *Closing Meditation: Body spinning; experience movement without moving

CLASS 35

- *Food / Nutrition Tip of Day – Beat bad breath with super “yang element” leaves of these guys to jumpstart your day
- *CV4 Hold breathing variation 1
- *Chi gung with Daily Discussion: Big dreams, little dreams and Lucid dream – An ode to Jung
- *Chi Gung Muscle tendon change
- *Closing Meditation: Web of Light

CLASS 36

- *Food / Nutrition Tip of Day – Your liver is as important as the brain and heart, strengthen it like this
- *CV4 Hold breathing variation 2
- *Chi gung with Daily Discussion: Dream Yoga and Hypnagogic state meditations
- *Yoga and Tai Chi fusion – Enter the moving meditation**
- *Closing Meditation: Combining Web of Light with the 108 point meditation (now we are getting intense)

CLASS 37

- *Food / Nutrition Tip of Day – Kidney tonic foods on the go
- *CV4 Hold breathing variation 3
- *Chi gung with Daily Discussion: Shamanic Drumming
- *Yoga and Tai Chi fusion – Sequences that blend, not too fast, not too slow**
- *Closing Meditation: Journey to a field, getting out of body

CLASS 38

- *Food / Nutrition Tip of Day – Weight loss does need diet and exercise, but these help too
- *CV4 Hold breathing variation 4
- *Chi gung with Daily Discussion: Shamanism and Journeying
- *Yoga and Tai Chi fusion – Stop memorizing sequences!**
- *Closing Meditation: Journey to loved ones

CLASS 39

- *Food / Nutrition Tip of Day -- Literally starting the day with yang foods, ending with yin, the science of eating
- *CV4 Hold breathing variation 5
- *Chi gung with Daily Discussion: Where to problems – the Physical, Mental or Spiritual
- *Yoga and Tai Chi fusion – Free flow continued**
- *Closing Meditation: Journey to a spirit guide

CLASS 40

- *Food / Nutrition Tip of Day - Spiritual Herbs
- *CV4 Hold breathing variation 5
- *Chi gung with Daily Discussion: Shamanic lucid dreaming – entering Shamanic states and energy work like chi gung, Tai Chi and yoga all from inside your lucid dream
- *Yoga and Tai Chi fusion – The movement is endless**
- *Closing Meditation: Journey on a problem – The best thing you can ever do, is journey on it, and come up with a compromise or negotiated solution, knowing the right amount of logic, risk, randomness, creativity and timing and always with intent and spirit before you
- *Final Words: Living your best life for you, if your actions and intent are aligned in the world, is actually living for the world too – find the balance on life's surf board