

The Daoland

Parts of our program can be followed in Nairobi, Mexico city, Shanghai and Beijing under the name Daoland. These programs are developed in Amsterdam in international cooperation with a variety of knowledge and experiential institutes in health, education and beauty development. All methods in the Daoland system are purely natural and neither use artificial tools nor machines for support. They are a statement for the quality of our lives! In the following items you will find general information to let you benefit from Daoland the best way possible:

Health

Health is what we do! The Daoland original thought is that everything we do affects our Health. So our lifestyle determines how healthy we are. Since health in different phases of our life and genders is organized differently we need a variety of approaches. Our Daoland House Master helps you to make an assessment of your health so that you can find comfort in choosing what you would like to experience and do and learn. Our Online Learning program and our grassroots peer program also aim to help you make the most of your health. This way you can take Daoland to wherever you need it.

Health according to the Daoland formula is built from two playful components:

- Move Yourself, having fun with an efficient exercise plan
- Being Moved, having the pleasure of someone taking care of you

The last one is the care program that includes massage and beauty treatments, but also dietary training, learning to make and drink tea, food making and other beverages. When you and the Daoland master agree your situation requires additional support, our Daoland Master and his/her team are skilled in Acupuncture, Therapeutic Massage and Herbal Medicine.

Sports: Move Yourself

Health requires self-development, and who doesn't want to develop him or herself the best way available? Daoland suggests the holistic approach to physical education of Wudang Taiji Gongfu sports. Wudang Taiji Gongfu sports do help you exercise your body as a unified whole. And it takes also into account the relationship of type and manner of exercise in relationship to your phase of life, your state of health, age, gender, the climate you live in and so on.

In our sports program each sport teaches you specific Health Management Skills with the intent to apply them when and where you need them. Daoland Health sports are there to support you in dealing with the daily stresses and limit the risks caused by sudden events, weather changes, accidents and natural

disaster because you are capable of handling yourself as a biological system. Some exercise a day helps keep medicines and aging at bay!

Skills you learn in Daoland vary from balance, strength, flexibility, fine motor control and spatial coordination to regulating body temperature, heart rate and sweating behavior, developing inner peace, kindness, patience and enjoyment in life, even enjoyment in- and understanding for the harder things in life. There is no more comprehensive physical learning plan in sports available to you. So do the total thing, and find your way over time through the complete Daoland exercise plan. After all, you have a whole life ahead of you to play, learn and practice. Daoland Sports grow with you!

Beauty: Be Moved

In the Chinese Health view of Yin Yang Center's Daoland we follow the ancient Holistic thought that Health and Beauty come together. So working at your health through exercise, massage or acupuncture will help you maintain or regain your Youthful Vigor and thus your Natural Beauty.

Natural Beauty needs enhancement from time to time. For that purpose we developed three Daoland beauty approaches:

→ Weight Regulation regimen, which is an intense treatment to develop your outer body form. That could be anything, from tightening acupuncture treatment, to exercise to dieting etc.

→ Facial Beauty requires frequent rejuvenation of the sub-dermal tissues and the facial muscles. With our Holy Mountains Refreshment Treatments and our acupuncture Rejuvenation Facelifts this is quickly be accomplished.

→ Skin food because our skin requires food just like our stomach and our lungs. For Skinfood we use Biological and Fresh Natural products that are made at the day of application and cannot be saved.

The Move Yourself program supports the Be Moved Program in its effectiveness since they follow the same principles!

Wellness

You can optimize the Wellness levels of your life using this program due to the educational aspects of the Yin Yang Center's Daoland program. Basic skills in Wellness support you in learning how to move, how to be moved, how to select and enjoy food and drinks, how to enjoy oneself and how to enjoy life. Most of us do this to a degree, but to be frank about this: we do not do it on optimum levels and not completely.

The Daoland Wellness program aims to make you a professional in Enjoying Life! The root of enjoyment is learning. So we have developed a Wellness education program that runs through all the sports and

care activities at Daoland, but also in our online education program. The educational program of Daoland informs you at the grassroots level about the do's and don'ts of enjoyment to help you get the most of fun and play while still working at your health and longevity!

Your Daoland Debet-, Year- and VIP-membership card gives you access to the basics of the online learning program that illustrate the Daoland sport, care and beauty activities.

If you wish for more, that is possible too. We offer an online certification system that lifts you up from any level where you start till expert level, allowing you to be a Daoland High Official, meaning to support you in professing Chinese medicine, sports and education careers

The Daoland Health sports program

The program offers classes in

- Slow and fast fitness
- Taijiquan/t'ai chi kuan
- Qigong
- Chinese yoga/daoyin
- Wushu
- Children gongfu

Wudang fitness

Wudang fitness is part of wudang gongfu. It follows the way of water in the development of physical prowess, endurance and strength. Health development has 3 basic needs:

- Flexible responses and body
- Strength and mobility
- Endurance and stillness

Therefore there are three different wudang fitness styles that each work on one of the three needs. The wudang fitness styles all take the standing and walking position as their foundation so that foot-ground contact can help develop the different skills. The skills are all part of development of Taiji movement skills that balance the inner and outer, strength and relaxation, agility and calm. The breathing methods are open and free. The body is experienced as a rhythmic organic whole that requires continuous adaptation, therefore there is no music to guide the practice. Your own self aware natural rhythm has to develop into your own personal unique piece of music.

Wudang fitness I: works on flexibility of mind and body.

Some of the results of these practices within 10 classes will be:

1. Increased flexibility and improved body temperature regulation
2. More acute physical and spatial awareness
3. Developing playfulness and physical coordination
4. More breathing space in the chest
5. Improved blood circulation and flow, more calm heartbeat
6. Relieves depression and improves daily enjoyments
7. Improves sleeping behavior
8. Improves digestion

Wudang fitness II works on strength and mobility

Some of the results of these practices within 10 classes will be:

1. Helps develop balance and joint mobility
2. Increases solidity and flexibility of long bones
3. Strengthens tendons and muscles system
4. Develops patience and concentration
5. Increases digestive circulation and blood circulation,
6. Makes the heart happy, strong and confident
7. Strengthens the arteries to resist blood pressure
8. Increases general comfort and relaxation

Wudang fitness III works on endurance and stillness

Some of the results of these practices within 10 classes will be:

1. Higher endurance in resisting stress
2. Fine tuning of interconnectivity between bones, joints and muscles
3. Increased understanding of interconnectivity of tissues
4. Increased trunk volume
5. Slowed down breathing rate that increases wellness feeling in the body
6. Warmer hands, feet and belly core temperature
7. Improved alignment of spinal column
8. Increased endurance, balance and strength

Wudang daoyin/yoga

Wudang Daoyin is another kind of fitness that takes forced breathing and the hands as its root. It is closely associated with neidan internalized alchemy. The breath is developed from superficial breathing to core breathing and isolation of the internal experiential realm from the outer realm by concentrating consciousness inward to develop inner strength. Because of the similarity in postures with Indian yoga it is also known as wudang yoga. Wudang Daoyin is given in two styles, although there are 6 different practice systems part of wudang daoyin. At level I music is permitted but at level II it is distracting the mind from going inward in the proper way.

Wudang Daoyin I develops body balance, inner focus and outward peacefulness

Some of the results of these practices within 10 classes will be:

1. Increased leg flexibility
2. Increased breathing awareness and capacity
3. Increased sense of balance and focus
4. Increased belly and waste muscle strength
5. Increased inner awareness and softness
6. Increased sense of wellness and brightness
7. Increased hand strength and first grasp of iron palm
8. Increased meditative ability

Wudang Daoyin II develops inner strength and outward bodily posture

Some of the results of these practices within 10 classes will be:

1. Strong breath guided focus
2. First grasp of five secret channels
3. Improved iron palm hand-body strength coordination
4. Developing basic iron shirt skills to improve body strength and posture
5. Developing inner strength and outward directedness
6. Developing internal coordination between hands and feet
7. Developing balance
8. Developing strong, deep and regular natural and reversed breathing pattern

Wudang Bambooformula qigong develops an elegant and balanced posture

Bamboo formula qigong is based on the Confucian principles of outstretched body posture during ceremonies that reflect the proper attitude in life too. The body is helped to reopen itself as to battle tiredness and aging. During practice slow, light and gentle instrumental music is allowed. Some of the results of these practices within 10 classes will be:

1. Developing bamboo-like outstretched posture
2. Revitalized sense of life and increased physical ability
3. Improved balance and restoration of strength
4. Improved body elegance and smoothness of movement
5. Relaxation of joints and increased bodily comfort
6. Increased mobility of spinal column
7. Improved blood circulation
8. Increased positive outlook on life and capacities

Wudang Taiji 13 develops a-symmetrical balance and strength

Taiji 13 is the root form from which all other Taijiquan (shadowboxing) forms are developed. In understanding any form properly the practices of this form is required. Taijiquan is a healthy practice for old and young since it has so many ways in which it can be performed. Due to the way taiji as a skill for the individual is practiced it is practiced as part of the natural learning environment without music. Some of the results of these practices within 10 classes will be:

1. Increased spatial awareness
2. Increased a-symmetrical body balance
3. Release of tension on breath
4. Increased blood circulation
5. Increases memory capacity
6. Improved basic understanding of 13 taiji principles
7. Learned about body wholeness
8. Increased focus and concentration

Liu An's Wudang self massage qigong develops pleasure in having a body

Self massage is a sporty skill in self discovery and augmentation of basic health. It follows three basic routines that address the major problem areas of sub-health and that are also the root of super health. Some of the results of these practices within 10 classes will be:

1. Increased body form and action awareness
2. Increased skin circulation
3. Refreshed facial skin and youthful radiance
4. Calmed fires release body tensions
5. Increased relaxation and bodily comfort
6. Increased scalp circulation
7. Increased warmth of hands and feet
8. Increased body balance and general dynamic experience

Wudang sanjiao meditation

Sanjiao means 3 teachings and is at the heart of China's spiritual culture. This 10 classed course offers you the basic elements that every beginning meditate should know from three of the world's strongest and most enduring spiritual traditions: Daoism, Buddhism and Confucianism.

Some of the results of these practices within 10 classes will be:

1. Basic understanding in the nature and goals of meditation
2. Basic skills in meditation and occurring spontaneous experiences and visions
3. Variety of techniques to prepare for spontaneous experiences
4. Basic sitting skills
5. Basic understanding of inner peace and stillness
6. Introduction in hand form/mudra skills
7. Introduction in mantra and visualization skills
8. Introduction in how to develop one's meditative skills

Wushu Gongfu

Wushu is the basic drilling system in use as basic physical education for children and adults. It increases willfulness, body strength, coordination and balance. But where wudang gongfu is the yin/soft side, wushu is the yang/hard side. The two require each other for each to develop its nature accordingly. For children it is advised to start with wushu since their body and mind require development of discipline.

Our wushu program comes in three levels, starting with basic skill development and increased complexity. For after the first three levels an extended taiji learning program is developed including the use of weapons.

Our wushu program separates in two approaches: one for kids and one for (semi) adults.

These are some benefits for the children program within 10 classes:

Only level I is for the smallest kids, from 3-6 years. The class is followed with one of the parents.

Some specific benefits are:

1. The child has learning support in class and at home from someone it knows
2. Two practice for the price of one
3. A sound disciplined rapport is established between parent and child for education of the child by the parent
4. Increased coordination and enthusiasm for movement prevents laziness and helpless feelings later in life

Benefits of adult Wushu level I practice within 10 classes:

1. Increased muscle strength
2. Increased muscle coordination
3. Increased balance
4. Increased hand eye hand coordination
5. Increased acuteness in awareness
6. Increased memory
7. Increased sense of discipline and self discipline
8. Increase in goal orientedness and concentration

Benefits of Wushu level II practice within 10 classes:

1. Increased muscle strength and push power
2. Increased movement ability and speed
3. Increased balance
4. Increased creative use of moral development
5. Development of social intelligence and communication
6. Developing competitive awareness and fairness
7. Increase of spatial intelligence
8. Developing caring character

Benefits of Wushu level III practice

1. Increase complex ability in movement
2. Increased coherence and concentration in movement
3. Effortless endurance and breath control
4. Muscle strength and flexibility development
5. Development of leadership and modesty
6. Self control and discipline being understood
7. Developing skills in plan making and strategy
8. Developing capable and graceful body posture

In addition we have extended taiji mastering programs such as taiji 18, 36, 48, taiyi programs taihe programs and taixu programs. We also have an open court learning system for learning taiji -stick, -staff, -sword etcetera. Private tutoring is also possible.

The Daoland Care program

In addition to our Chinese medicine clinic using acupuncture and extensive dietary programs we also offer the following:

- Dietary programs
- Acupuncture Face-lifting, Health Boosting and Weight Regulation
- Health Massage

You having a share in the Daoland care program offer you general health care as well as beautifying and rejuvenation health care. All parts have educational wellness elements, but the pleasure of receiving massage, acupuncture and eating and drinking are at their core.

Food and drink program

The law nowadays forbids thinking about medical herbs according to western styles of analysis. But 'medical herbs' in Chinese Health Care systems context do not exist. All there is drink diets, food and specialized food stuffs. But at the core of that is learning how to appreciate food and drink, and that is what our program is about. In addition we offer you tea and specialized food stuffs to create an optimum diet to help your life forward.

Some benefits of the course in eating and drinking in 10 classes:

1. Learning to classify foods and drinks
2. Increased enjoyment of taste in food and drink
3. Understanding how, why and when to diet
4. Appreciation of different methods of eating
5. Learning how to use tea and herbs
6. Learning tea ceremony
7. Learning about food preparation
8. Learning how your body appreciates food and drink

TCSM Chair massage for developing an ergonomic body posture at work

Some immediate benefits you will experience in receiving the massage:

1. Tension release in arms and shoulders
2. Clearing of the head
3. Refreshed feeling

Some benefits you will experience in about 10 TCSM massages:

1. Increased vigor in desk work
2. Release of RSI tensions and lower back pains
3. Chair independent ergonomic body control
4. Increased playful body awareness to get more out of work and massage
5. Increased independence

Wudang Body massage for activating muscles and joints

The body massage can be taken in half our and whole hour or longer sessions. With every half hour intensity of the massage is increased. Commonly the massage is taken fully dressed but for longer high intensity sessions oil massage and/or pressure point massage can be included.

Some benefits you will immediately experience in the massage:

1. Increased relaxation
2. Increased vitality
3. Increased physical and mental clarity

Some benefits you will experience in about 10 massages:

1. Increased understanding how tensing and relaxation happens
2. Increased natural capacity to regulate tension build-up and dispersion
3. Increased forward anticipation on massage intentions
4. Deeper relaxation levels
5. Higher revitalization results

Wudang style foot massage for general revitalization and reflex massage

Wudang style foot massage always starts with a hot herbal footbath to wash the feet, but more also to relax the feet and prepare them to receive the best results in the massage. The best massage is the general relaxation massage that works to the whole body, but there are also 6 styles of master reflex massage. Some benefits from the foot massages:

1. Whole body relaxation
2. Increased vitality and flexibility of feet
3. Increased balance when standing
4. Release of body tensions and headaches
5. Decrease of foot fungus infestations
6. Increased channel circulation
7. Improved blood circulation
8. Rested vitalization of the mind

Rejuvenation acupuncture face lifting and refreshment

Our comprehensive facial program can be used both cosmetic, to improve skin irritations and actual face-lifting. It is based on bringing your skin back into a more youthful metabolic state and developing esthetic facial symmetry.

Some effects you will experience from the treatments:

1. Facial muscle relaxation and vitalization
2. Facial skin refreshment and moisturisation
3. Improved effect from skin products
4. Loosing tiredness and agedness in appearance
5. General improved body health and vitality
6. When older can look some ten years younger
7. Effects can last from 1-5 years
8. Reduced minor ailments of mind and body

Rejuvenation acupuncture body health boost

This special yangsheng health treatment works on the general sub-health state busy lifestyles bring with them. Some benefits you may expect after about ten treatments are:

1. General increased sense of wellbeing
2. Improved sleeping behavior
3. Decrease of body pains
4. Decrease of tiredness
5. Improved general mood and emotional balance
6. Feeling more vital and willing to do things
7. More clear understanding of nature and cause of sub-health state
8. When diseased reduced burden of symptoms

Rejuvenation acupuncture for weight regulation

Weight regulation for most people means losing weight. The program people enter is a kick start program of 2 months or longer that can be made very intensive up to 4 treatments each week. It includes exercise and the food and drink program as well.

Within 2 months you can expect the following results:

1. Loss of weight
2. Increased vitality
3. Understanding and management skills in developing further weight loss
4. More tight general body form
5. Increased quality of sub health state
6. More pleasure in experiencing one's body
7. Understanding of food, drink and movement use as part of diet
8. Developed long term perspective on possible lifelong weight regulation needs