



AUGUST 29 thru SEPTEMBER 4 2010
CHI NEI TSANG

Thai/Chinese detoxifying & energizing Abdominal Massage

MASSAGE THERAPISTS:

SATISFY ALL YOUR CE REQUIREMENTS IN ONE COURSE (48 CE'S)

NCBTMB CERTIFIED



Mary Ellen Derwis-Balaz, L.M.T.
#451057-09

AT

Rancho Margot in Costa Rica

Presented by Midwest Universal Healing Tao

Sarina Stone, Mary Ellen Derwis-Balaz and Andrea Sullivan

**Yoga, Meditation, Qi Gong, Vegetarian Cooking,
horseback riding and much more!!!**

Course credit for Universal Healing Tao and Chi Nei Tsang Institute

Course Overview



Growing in popularity, Chi Nei Tsang abdominal massage techniques:

- **release and clear intestinal blockages**
- **assist toxin removal**
- **balance negative emotions**
- **improve over all health for adults and children.**

You will understand digestion and its correlation to health issues through out the body.

This hands-on method of healing works with five major systems:

- **Vascular**
- **Lymphatic**
- **Nervous**
- **muscular**
- **Acupuncture meridian system.**

Chi Nei Tsang can help with:

- **Digestive issues**
- **Reproductive issues**

Your Instructors

Sarina Stone



Sarina Stone is an internationally renowned Certified Universal Healing Tao instructor, speaker on "Natural Health for families and children," Medical Chi Kung & Chi Nei Tsang instructor, and Certified Massage Therapist. Miss Stone is the editor of Chi Nei Tsang Level 2, original print. She has been certified as an instructor of Taoist methods of self-transformation, many times over, under the direct supervision of Taoist Grandmaster Mantak Chia, in Chaing Mai, Thailand. She has been studying with Grandmaster Chia since 1990. For more information about Sarina Stone please visit <http://www.sarinastone.name/home.html>

Mary Ellen Derwis-Balaz Lmt.

NCBTMB # 451057-09



Mary Ellen Derwis-Balaz Lmt. is a nationally certified NCBTMB provider (#45107-09), Chi Nei Tsang Institute Instructor, and Universal Healing Tao practitioner. She has been a Licensed MT for 18 years and practices in Ohio and Hawaii. Mary Ellen has a broad perspective in body work having studied with John Upledger, John Barnes, Paul St. John as well as Kahuna Kimo Kamauna in Hawaii. This experience has provided her with the ability to

- **Headaches**
- **Constipation**
- **Insomnia**
- **Bloating**
- **Fatigue**
- **Weight Problems**
- **and much more**

Upon completion, students will perform basic techniques of rejuvenating abdominal massage as well as simple self-massage techniques to share with friends and clients. Therapists earn 48ce's from NCBTMB (45107-09), and hours toward Universal Healing Tao and Chi Nei Tsang Institute certification programs. A certificate of course completion will be given.

**Course costs \$675 USD
500 Euro**

Individual Chi Nei Tsang sessions will be available upon request with each instructor.

integrate eastern and western views in the practice of massotherapy. Thus she provides a truly holistic approach to bodywork for the practitioner.

www.beinthetao.com call 216.548.8980 or email m@beinthetao.com

Andrea Sullivan



Andrea Sullivan is NCBTMB certified Massage, Shiatsu, Thai massage and Chi Nei Tsang practitioner. She's had the privilege to study and teach Chi Nei Tsang and Universal Healing Tao with Sarina Stone for multiple years. She was also able to study Chi Nei Tsang with the director of the Chi Nei Tsang institute in Berkley CA, Gilles Marin. In 2006 and 2008 Andrea had the honor of completing her studies of Qi gong and Chi Nei Tsang with Grand Master Mantak Chia of Universal Healing Tao in Thailand. Andrea offers Qi gong, Chi Nei Tsang and Guided Meditation classes to groups and to individuals out of her office. To learn more check out <http://phoenixhealinghands.com>

Private session available with all three instructors.

Daily Schedule

Early morning yoga class

Morning Chi Nei Tsang Classes

Lunch Break (3 hours)

Afternoon Chi Nei Tsang Classes

Evenings free

Rancho Margot

Accommodations

The Costa Rican rainforest is closer than you can imagine, just hours from the Houston Airport, lies this hidden jewel in your own back yard. [Rancho Margot](#) is a self-sustaining resort in the Costa Rican rainforest that sets an eco friendly example for the world. This paradise has organic gardens, view of an active volcano, horseback riding, thermal heated hot springs, rock climbing, hiking, and swimming amongst the waterfalls.

Rancho Margot accommodations range from private bungalows to a backpackers lodge with rates to suit every budget. Come join us in this Pura Vida (pure life) culture!

Accommodation pricing

A package price for 7 nights including all meals, ranch tour, 2 yoga classes a day, access to all facilities and taxes would be the following.

Bunkhouse single occupancy = \$510
Bunkhouse double occupancy = \$440/person

Bungalow single occupancy = \$935
Bungalow double occupancy = \$700/person

Bungalow triple occupancy = \$635/person

Contact us!

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For course information contact:

Mary Ellen Derwis-Balaz m@beinthetao.com 216-548-8980

or Skype: mary.ellen.derwis.balaz

For Rancho Margot Reservations:

info@ranchomargot.org

please note that Rancho Margot may take up to 7 days to reply