

Traditional Tok Sen with Introduction to Chi Nei Tsang

with Nataša Kovač, Senior CNT teacher of Universal Healing Tao - Master Mantak Chia's System with the assistance of Martina Medvecká certificated CNT Teacher I,II and practitioner CNT III UHT.

21– 23 March 2025 in Stupava, Slovakia

Program: 21 - 23 March from 9.30h - 17.30h

Possibility to register at a discounted price of 333Eur, which is valid upon registration and payment of a non-refundable deposit of 100 euros until 31.12.2024.

Later 390 eur

Tok Sen wood tools sets can be purchased directly on the course: prices range from 80-120 euros

Registration on: univerzalne@liecive-tao.sk

Info regarding accommodation options will be sent to registered participants.

We will also practice Qigong, Taoist meditations, self-massage, cupping, gua sha, and introduction to Chi Nei Tsang I - the school of Master Mantak Chia.

The workshop is for beginners and those who want to refresh their knowledge or professional body workers. It will also be possible to do an exam for those already finished with study cases.

After completing the course, you will receive an Attendance Certificate for Tok Sen - Chi Nei Tsang III, of Universal Healing Tao System, Master Mantak Chia's school.



TOK SEN (Chi Nei Tsang Healing Harmony)

Tok Sen means to take off energy lines in Thai; it is a technique to clear blocked energy. It uses mechanical and sound vibration, working deeply through the fascia and muscles. This unique healing technique is found in the Chiang Mai area of Northern Thailand (Lanna). Tok Sen is thought to date back over 5000 years and developed in Lanna while acupuncture developed in China. It is an energetic healing technique and is still practiced in the country areas.

Tok Sen helps to improve energy flow and relieves aching muscles. Tok Sen is a therapeutic bodywork for myofascial pains. By tapping the body (using the wooden “hammer” and “pestles”) vibrations are sent through the nerves, muscles, and fascia to treat muscle and tendon pain. A light “hammering” with varying degrees of contact to the different regions of the body. The vibrations, if done properly, provide benefits to the different areas of the body. When done properly, they make the tendons and muscles feel more alive because they are repaired and rejuvenated. It is not just the tapping that is important, but also the “tempo” that is used. In most cases, the tempo is three beats; one, two, three, and again one, two, three. The different hammers and pestles are used in different areas of the body. Furthermore, one’s fingers can get tired and sore with extended use. If they become tired, they are less likely to provide the necessary treatment. The fingers, however, must be used to touch an area and see whether it needs additional Tok Sen treatment.

It is possible, just as in a traditional massage; to do some of the work for one’s self. Of course, some areas are unreachable and another person is needed.

Tok Sen Benefits

Just a few of the advantages of this ancient Thai/Chinese treatment are increased circulation, relief from stiff and tight muscles, improvement of nerve functions, and many others. The main function of this treatment relates to the tendons and specifically the muscle-tendon meridians. The proper treatment entails using special wooden tools to vibrate the appropriate areas of the body. This is because there can be blockages in the meridians. The vibrations of the tendons, when done correctly, loosen both the tendons and the muscles. This also improves blood circulation.

There is a saying: “Young tendons – young and healthy body”; when the tendons are flexible, the bone structure is smooth, and the muscles are flexible and do not press on arteries, veins, lymphatic strings, nerves, and meridians. This allows all layers of the body to be nourished properly and therefore function properly. Harmonizing the wisdom of the two ancient Chinese and Lanna (from Northern Thailand) cultures creates a unique technique that stimulates organs, muscles, tendons, and meridian lines in the body for radiant health and well-being.

Treatment of the entire body is one of the best forms of maintenance. This has been established through centuries of application. The importance of healthy tendons is clear by the fact that we use them so much. A healthy body always involves the tendons. This is because, while the tendons in the joints, for example, are important, treating them eventually impacts the organ tendons. Indeed, this therapy and maintenance have a positive influence on virtually every part and function of the body.

Increases blood circulation. Better circulation nourishes tendons and releases blocked energy more quickly.

Relaxes muscles: tight muscles will squeeze capillaries which will decrease blood circulation to muscles and cause muscle soreness.

Stimulate peripheral nerves. These nerves run parallel with capillaries. Every time we hammer, vibrations will nourish capillaries and peripheral nerves, which can stimulate muscles as well.

Releases pain from many causes:

- Headaches from nerve problems, migraines, brain degeneration, blurred vision and hearing loss
- Shoulder pain, neck sprain, shoulder tendon tightness, immobile arm
- The shortened tendon can compress the joints, back muscle tightness, scapular problems, and back pain
- Lower back pain, spinal cord inflammation, difficulty bending trunk easily
- Lumbar pain and nerve compression
- Thigh pain, hamstring muscle tightness, and patella dislocation
- Calf pain, sole pain, and numbness
- Arm pain, elbow pain, arm numbness, and hand numbness.



Teacher : Nataša Kovač

is a certified Universal Healing Tao Instructor (school of Master Mantak Chia), Inner Alchemy Qigong Instructor Level 1, and senior teacher and practitioner of Chi Nei Tsang 1, 2, 3 (Tok Sen), and 5 (Life pulse).



Asistent: Martina Medvecká

Is a Senior instructor of Universal Healing Tao,), Inner Alchemy Qigong Instructor Level 1, and teacher and practitioner of Chi Nei Tsang 1, 2 and practitioner of Chi Nei Tsang 3 Tok Sen.