



TaoZen™ Personal Life Session **by Masahiro Ouchi**



Masahiro is the founder and director of TaoZen™ Life Practice, and the director of Chi Nei Tsang Institute Japan, Healing Tao New York and Universal Healing Tao of Japan. He has been teaching meditation, taichi, and meditation for more than 35 years.

Masahiro's spiritual journey began with a childhood experience at a 600 year old Zen temple in the mountains of Japan. Since then he has practiced Taoist Meditation, Zen Meditation, Various forms of Taichi and Qigong, Shaolin Temple Kempo, Japanese Archery, Esoteric Shintoism, Kundanlini Yoga and Tantra Yoga. He is an original student of the world-renowned Tao Master Mantak Chia. He is also a student of Li Jun Feng, Wushu teacher to Jet Li and has studied under the great Dr. and Priest Hiroshi Motoyama & Mr. Michizo Noguchi. He has taught throughout the world: in Japan, U.S., Europe, Asia, Africa and Oceania.

Masahiro is also a long-time student of various therapeutic forms such as Gestalt, T.A., Primal Scream, NLP, Feldenkrais, and Noguchi Taizo. His main focus in the Taoist healing arts has been Chi Nei Tsang, Qi Core Therapy.

He is the author of "Meditation Exercise" "Self Chi Nei Tsang Touch" in Japanese and is currently writing his next book "Healing Love--Health, Happiness and Spiritual Practice". He teaches at the Open Center , the most influential holistic center in NY, New York University, Queens College, Tao University, Exhale Spa in New York. Shu Uemura Studio, Tokyo Midtown Park in Tokyo, Gokoku Shrine in Kyoto and many other places. Interviews with him have appeared in Elle, Vogue, Numero and other magazines in Japan and US.

Masahiro Ouchi's focus is to bring ancient spirituality and healing practices into our modern life – to live fully with joy and compassion.

TaoZen™ Personal Life Session

Masahiro's TaoZen Personal Life Session starts with an energetic reading and consultation to come up with the most beneficial blend of methods for you right now. The elements are drawn from Chi Nei Tsang (Internal Organ Therapy), Qi Core Therapy, Healing Qigong, Meditation, TaoZen Life Vision, Spiritual Reading, Healing Breathing.

Any life issue such as stress, emotional imbalance, weight management, sleep issues, hormone imbalance, or other health and relationship issues can be considered and addressed.

Masahiro will also design a simple, personal take-home practice for you to enhance and continue your treatment. This is not just a passive healing session, it is a transformative journey of the body-mind-spirit together.